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MONDAY JANUARY 30, 2023

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NMI POPULATION STABILIZATION BILL

Bill pushes Marianas-only resident status for some

By FERDIE DE LA TORRE ferdie_delatorre@saipantribune.com

ith the CNMI's population dropping precipitously based on the 2020 census, Delegate Gregorio Kilili C. Sablan (D-MP) has introduced a bill that would encourage » Bill to benefit 1,600 long-term foreign workers, 21 foreign investors

approximately 1,600 long-term foreign workers living on the islands since 2015 to remain here by offering them a permanent status.

the Northern Mariana Islands Population Stabilization Act

Under Sablan's H.R. 560, or that he introduced before the U.S. Congress last Thursday, See STATUS on Page 4

House JGO declines to continue BOOST probe

>> But committee wants oversight of federal grant spending

The House Committee on Judiciary and Governmental Operations of the 23rd CNMI Legislature has decided not to take up the investigation that the previous legislature's committees did on the Building Optimism Opportunities and Stability

Together, or BOOST, grant program.

In a news release last week, Rep. Marissa Flores (Ind-Saipan), who chairs the House Committee on Judiciary and Governmental Operations for the 23rd CNMI Legislature, said the JGO committee agreed that it would not conduct additional legislative hearings regarding the BOOST program, given that several criminal investigations into the program has

See BOOST on Page 4

68 dogs and cats sterilized in clinic

By LEIGH GASES

leigh_gases@saipantribune.com REPORTER

A total of 68 cats and dogs were sterilized last week, thanks to the collaborative efforts of volunteers from the Guam Animals in Need, Boonie Babies Rescue Saipan, Office of the Mayor of Saipan, and clinic volunteers at the Saipan Mayor's Office Animal Shelter in As Perdido.

According to Lauren Cabrera, co-founder of See CLINIC on Page 4

LEIGH GASES Alison Hadley, executive director of Guam Animals in Need, and Saipan Mayor's Office Dog Shelter staff Simion Nepayo check on two dogs after their surgery during the first day of the spay/neuter clinic at the Saipan Mayor's Office Dog Shelter in As Perdido last Tuesday.



2 allegedly break into casino in robbery try

The Department of Public Safety dispatched a team of police officers to the Imperial Pacific International (CNMI) resort casino in Garapan last Friday following a report made by IPI's security team of two men breaking into the building in an attempt to steal copper wires and construction materials.

DPS officers were all over the IPI casino resort last Friday in search of two men who were allegedly seen by security entering the building in search of copper wires and construction materials.

According to Patrick Arriola, acting DPS public information officer, armed police officers were dispatched to the scene. However, as of press See ROBBERY on Page 4

INSIDE

BUSINESS

As Paris Restaurant is not French. It's the oldest food establishment on the island of Rota.

PAGE 12



WORLD

Ukraine and its Western allies are engaged in talks on long-range missiles and military aircraft. **PAGE 13**



LIFE & STYLE

Jay Leno is contending with a number of broken bones after being knocked off a motorcycle.

PAGE 15



SCAN ME WITH A COMPATIBLE **QR READER TO KEEP UPDATED** ON ALL THE LATEST NEWS.

2 MONDAY, JANUARY 30, 2023 SAIPAN TRIBUNE

Local

Guam Army National Guard adopts the community park of San Vicente

By LEIGH GASES

leigh_gases@saipantribune.com REPORTER

The Guam Army National Guard has adopted a place to maintain—the Commissioner Joaquin S. Tudela Community Park in San Vicenteduring a two-part ceremony



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yesterday morning.

At the same time, Jose Quitano and Vincent Taitano were given their oath of enlistment into the Guam Army National Guard.

The event was attended by Maj. Gen. Esther Aguigui, Adjutant General of the Guam Army National Guard; Saipan Mayor Ramon "RB" Camacho; members of the 23rd Legislature; CNMI Office of Youth Affairs special assistant Delbert Pua; civilian aide to the Secretary of the Army Mike Sablan; Guam Army

National Guard service members, along with some SMO staff, and family members of Quitano and Taitano.

In his welcoming remarks, Camacho said the Guam Guard's adoption of the park is the step in the direction of a "safe community, safe village, and a clean island."

The "Adopt-A-Place" program stems from Guam's "Adopt-A-Park" program that allows community volunteers to assist in the care and maintenance of village parks, playgrounds, and open



Guam Army National Guard members are joined by members of the 23rd Legislature, along with Saipan Mayor Ramon "RB" Camacho, sixth from left, and CNMI Office of Youth Affairs special assistant Delbert Pua, third from left, in front of the Commissioner Joaquin S. Tudela Community Park in San Vicente yesterday morning.

space areas.

He said the reason for implementing the program in the CNMI is to empower people to be responsible and have a hand in the betterment of their community. The program is not only for the military, as any groups—nonprofits, religions, ethnic groups, or others—can treat a place they choose to "adopt" and maintain.

He said it's important for the National Guard "to have a landmark on our island," as the youth and graduates can explore opportunities in military service upon graduation.

Aguigui said in her remarks that, by adopting the park, it is an investment in the future generations. "This is a safe place for our children to play, learn, grow and explore. I see an investment in our future generation which is really what this day is all about."

She said the hardships faced by the CNMI and Guamwars, occupations, storms, economic hardships, and the COVID-19 pandemic, unite us. "Now, more than ever, we must work to stand together in unity and face the challenges of the future together and

because we are all the people of the Marianas, we are better and stronger together. What better way to offer a token of our support to the people of Saipan and to show the unity of effort that will serve well in the future. ... When you see our troops here, cleaning up or repainting...please don't hesitate to approach any one of us and start up a conversation. We will always be happy to share our passion and our inspiration to serve and we'll always be ready for our island family... This park is in good hands."

COMMONWEALTH UTILITIES CORPORATION OFFICE OF THE EXECUTIVE DIRECTOR



LOWER MIHA SEWER LINE REPLACEMENT

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Lower Miha Sewer Line Replacement in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of but not limited to the installation of gravity sewer main, new sewer manholes, new service laterals, connection to existing service laterals, and the abandonment of existing sewerline, removal and disposal of existing sewer manholes

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA) and CUC. The award of this project is contingent upon receipt of approval for project award from USEPA.

CUC requires the project to be completed in <u>365 calendar days</u> from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$200.00 for one

A Pre-Bid Conference followed by site visits will be held on January 24, 2023 at 10:00 AM (ChST) at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked <u>"CUC-ÌFB-23-011, Lower Mihà Śewer Line Replacement"</u> to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on February 7, 2023, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. Late submissions and conditional bids will not be considered.

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety.

A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract. Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than 10:00 AM (ChST) on January 27, 2023 to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email address manny.sablan@cucgov.org, with a copy to Larry Manacop, Acting Chief Engineer for Water/Wastewater via email at larry.manacop@cucgov.org, Dennis Formalejo, CUC Water/Wastewater Engineer via email at dennis.formalejo@cucgov.org and Ms. Christie L. Sablan Procurement & Supply, Senior Administrative Technician via email address at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

Executive Director

MANNY B. SABLAN **Purchasing Administrator**

Man accused of assaulting another with a machete

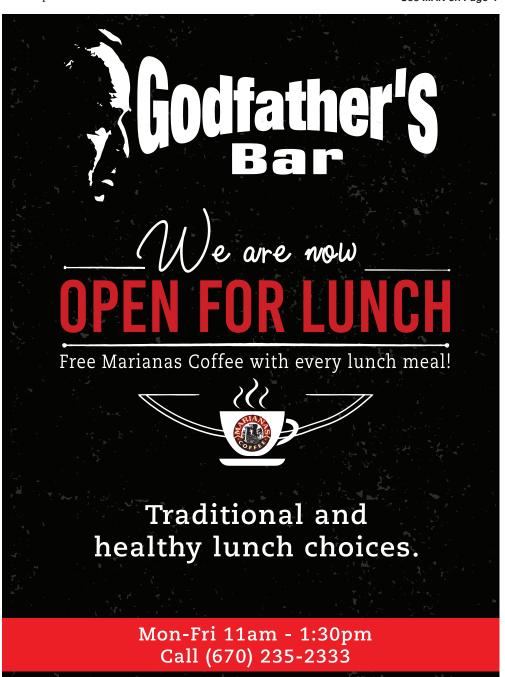
By KIMBERLY B. ESMORES

kimberly esmores@saipantribune.com

The Superior Court has im-

posed a \$50,000 cash bail on a man accused of brutally assaulting another man with a imposed a \$50,000 cash bail machete.

Superior Court Associate Judge Joseph Camacho has See MAN on Page 4



15 NMC students certified on safeTALK Suicide Alertness

The Commonwealth Health-Corp.'s Community Guidance Center's Suicide Prevention Program certified 15 students from the Northern Marianas College in the safeTALK suicide alertness training. The training was held on Jan. 12, 2023, at the NMC campus and was facilitated by Guadalupe Camacho, NMC's Student Success counselor.

Since its inception in 2018, the CNMI Suicide Prevention Program has offered suicide prevention training opportunities to the community. The Program has trained over 2,000 individuals and currently offers four training opportunities:



15 students from the Northern Marianas College undergo the safe-TALK suicide alertness training

1. The safeTALK suicide alertness training is a four-hour training that helps participants recognize signs of suicide, engage someone, and ensure their connection to safety.

2. The two-day (15-hour) Applied Suicide Intervention Skills Training (A.S.I.S.T.) is offered to individuals 16 years and older and teaches participants how to assist individuals who are at risk for suicide.

3. The Question, Persuade, and Refer Gatekeeper Training is offered to individuals 16 and older, is 90 minutes long, and is designed to teach participants the warning signs of a suicide crisis and how to

respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers).

4. Additionally, the program provides Postvention Training which is a six-hour training offered to anyone who has lost someone to suiThis training is also beneficial for service providers and teaches them how to respond in a coordinated and comprehensive way after a suicide or any sudden death. For more information on

cide or from a sudden death.

the safeTALK training, visit www.livingworks.net, or call the CNMI Suicide Prevention Program at (670) 664-LIVE (5483). (*CHCC*)



NEW PROAPERKS PARTNER

Paradiso Resort & Spa is the latest company to sign on as a Northern Marianas College ProaPerks partner, joining many other businesses and organizations. All card-carrying members of the NMC ProaPerks program can now receive five free swimming pool passes at the resort per month. Paradiso Resort & Spa is located on Figan Lane, in Koblerville. They can be reached by calling (670) 288-5555. More information about the resort can be found at www.paradisosaipan.com.

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Questions? Write us at internships@environmentamericas.org

FOA now planning for full-fledged return

By CHRYSTAL MARINO

chrystal_marino@saipantribune.com Correspondent

After nearly two years of COVID-19-induced isolation and social distancing, the Friends of the Arts is getting ready to return to faceto-face performances and presentations.

To kick things off, several FOA members gathered at the Tom Yun restaurant in Garapan yesterday to further discuss the full resumption of their face-to-face community entertainment.

Despite the near two-year hiatus and the loss of many participants, those still involved still look to a brighter future as they learn to adjust to the new normal and the reopening of full-fledged live performances.

"During this [past] pandemic we were pretty well shut down. We gave a couple of online performances but that was it," explained FOA treasurer Frank Gibson said.

For 2023, Gibson said that FOA envisions going back into providing community theater and entertainment for the community.

"We'll start with Roman Rudnyski, a very well-known classical pianist who has come almost every year [to the CNMI] until the pandemic hit us. The community does like him. He would go around to other schools and give some music education to the students. After that, we want to get back into having live theatrical productions and musical productions."

FOA president Harold Easton there is nothing like the feeling of having a live audience. He said that FOA has been out for about nine months. "We've had online stuff going on but...online stuff is boring..."

Easton said that FOA is looking for those in the community interested in participating in the arts, whether contributing through administrative work or lending their talents in the arts itself. Currently they are looking for those interested in the administrative side of the productions and, as soon as Rudnyski comes to Saipan in mid-March, the search for individuals who want to be part of the performances will begin. The opportunity is open to any person and has no age limit.

When asked what he looks forward to this year, Easton said, "Just keep building on what we got, that's all. ...

We want you to join our

team!

Obviously the students do a great job, the [Marianas High School] glee club is doing an excellent work, they've had over 30 performances since September, so they've been very busy. ...It's just build. Build, build, build. Try to get to what the new normal is [be] cause obviously things are never going to be the same. That's not necessarily bad; it's just different. It's a new normal. ... You have to more or less assume you're starting from scratch."

One of the first FOA-related productions this year was the Peter Wendy play, performed by the Marianas High School's drama team at the American Memorial Park theater this past weekend. The production held two showings per evening on Jan. 27 and 28, and aside from a brief test-run of their live performance of Puffs in 2022, this was their first of full-fledged live theatrical performance since the pandemic.

Sara Keaton, president of the MHS Dolphin Theater Club and director of the Peter Wendy play, said they did face a couple of challenges such as funding, and finding available venues. "But any place in which you get to create art

[and] put something out there for the community to see and enjoy is a blessing, no matter what. But I would definitely love for an opportunity to have theater be—and not just theater, but the arts in general-appreciated and subsidized on the island."

Keaton also disclosed that there are more exciting events to follow through the year and hopes other young individuals in the community will participate in the arts.

Gibson added "We're here for the community, but it also needs community involvement. So people that are interested in the performing arts, please contact us and we'll be glad to have them participate, and to be a part of the productions—either in the actual performances or in the planning and direction."

For more information on how you may participate, email Gibson at flgibson@yahoo.com.



PO Box 520059 • San Jose Village • Tinian, MP 96952 Phone (670) 433-0504 • Fax (670) 433-1819 Email: tinianscholarship@gmail.com

NOTICE

Pursuant to 1 CMC § 9910(a), the Tinian Municipal Scholarship Board hereby gives notice that there will be a Regular Board Meeting on Thursday, February 02, 2023, at 5:00 p.m., at the DLNR Building (Scholarship Office), San Jose Village, Tinian.

<u>AGENDA</u>

- I. PRELIMINARY
- A. Call to Order
- B. Roll Call
- C. Adoption of the Agenda D. Adoption of Minutes
- October 30, 2022 (Special Meeting)
- II. PUBLIC COMMENTS* III. OLD BUSINESS
- A. Review & Approval of Spring 2023 Scholarship Applications
- IV. NEW BUSINESS
- V. MISCELLANEOUS
- VII. EXECUTIVE SESSION
- VIII. ADJOURNMENT

/S/ Rodney S. Cabarles Chairman

We ask that remarks be limited to 3 minutes each. Everyone is welcome to submit

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Australia, Japan, US form task force for Cope North 23

JOINT BASE PEARL HAR-BOR-HICKAM, Hawaii— Air forces from Australia, Japan, and the United States have begun arriving in Guam to establish the command and control multinational task force for Cope North 2023, which runs Feb. 8-24, 2023.

CN23 is a multilateral U.S. Pacific Air Forces-sponsored field training exercise focused on trilateral airborne integration for large-force employment, agile combat employment, and humanitarian assistance and disaster relief training.

Operations will take place at Andersen Air Force Base,

GAIN volunteer veterinar-

ian Dr. Brenda Smith and Dr.

Whitney Collins performed

the surgeries and, along with

sterilization, the clinic provid-

ed other services such as ra-

bies vaccines and microchips.

Program staff—Derek Dele-

on Guerrero, Toshi Togawa,

Simion Nepayo, and Calvin

Borja—received advanced

training as veterinary techni-

cians during the clinic. The

DCP staff rotated in assisting

so as to have a chance to expe-

rience the process and receive

Their duties included hold-

ing animals during sedation,

preparing animals for surgery

by shaving the surgical site and

giving injections, monitoring

animals during recovery, and

removing their breathing tube

GAIN executive director

Alison Hadley also provided

the necessary training.

Also, four Dog Control

CLINIC

From page 1

success.'

Won Pat International Airport, and Northwest Field, Guam; Commonwealth Northern Mariana Islands including Rota, Tinian, and Saipan; Yap in the Federated States of Micronesia; Iwo To, Japan; and the Republic of Palau.

CN23 objectives aim to further integrate the contributions of allies and partners to enhance security and stability to maintain a free and open Indo-Pacific region. Specific tactics, techniques and procedures planned during the exercise include accomplish precise and challenging trilateral planning, execution, and debrief training in large force exercises; stress, validate, and improve U.S. and trilateral ACE capabilities in dispersed locations; enable combat air forces and ACE training requirements via seamless coalition airlift and logistics operations; and demonstrate safe and effective conduct of combined and synergistic HA/ DR operations.

Approximately 1,000 U.S. Airmen, Marines, and Sailors will train alongside 1,000 combined Japan Air Self-Defense Force, Royal Australian Air Force, and French Air and Space Force service members in CN23. About 100 aircraft from the United States, Australia, Japan, and France will fly 1,200 sorties across seven islands and 10 airfields.

The exercise concludes with a HA/DR event that reinforces the militaries' combined ability to support any type of disaster in the Indo-Pacific region, including the Commonwealth of the Northern Mariana Islands, Republic of Palau, and Yap in the Federated States of Micronesia.

Established in 1978 as a quarterly bilateral exercise held at Misawa Air Base, Japan, Cope North moved to Andersen AFB in 1999. It is U.S. Pacific Air Forces' largest multilateral exercise. (Pacific Air Forces Public Affairs)

general training on the evaluation and management of shel-

manager Martin Boonie Flight Project on Pangelinan and DCP staff Guam and volunteer clinic co-Leemark Deleon Guerrero ordinator, the spay and neuter assisted with overall manageclinic from Tuesday, Jan. 24, ment of the clinic while ensurto Friday, Jan 27, "was a great ing regular dog control staff duties continued in the field.

ter dogs.

"The Dog Control Program is very fortunate to have been a part of this event because the DCP staff received hands-on training from our partners to become veterinary technicians, which is very beneficial for our program and islands," Pangelinan said.

"We look forward to future events and will continue to provide staff, manpower, and the facility for these clinics so that the staff at the Dog Control Program can continue expanding their knowledge and skills. By working closely with our partners, we are building capacity within the program and developing skills so that we can be more effective and sustainable, and increase the potential and morale of all of our staff. ...Lastly, we are very excited to have partnered with these organizations who share the same passion and goals to continue

to improve animal care and control the animal population in the CNMI," he added.

He also reminded the community about the DCP rules and regulations regarding pets. 'Keep all pets confined within your property and leashed while in public places, and ensure that all pets are registered annually. These laws are in place to ensure safety for all members in our community and proper care and accountability for animals."

As for future clinics, Pangelinan said, "We would like all pet owners to take advantage of the spay and neuter clinics that are being offered in our community because it is a great way to control the animal population. If we all work together, we can keep our community safe and free from unnecessary nuisance."

On behalf of SMO's DCP, Pangelinan thanked Smith, Collins, Alison Hadley, executive director of GAIN; Lauren Cabrera with the Boonie Flight Project; Boonie Babies Rescue, and to all the volunteers from GAIN and Boonie Babies Rescue "for making this event possible, providing proper care for our animals, and assisting with controlling the animal population."

Cabrera said they are working with Dog Control staff and Boonie Babies Rescue "to build an adoption program out of the shelter. There are some wonderful dogs there waiting for homes! All adoptable dogs will be vetted with flea/tick medicine, dewormer, and vaccines."

Cabrera thanked Saipan Mayor Ramon "RB" Camacho and the Dog Control Program staff and said, "This could not have been accomplished without use of the Mayor's [Animal] Shelter and Dog Control Program staff, for which we are so grateful. We are thankful to Mayor RB Camacho for his support and hope to bring this team back to his shelter clinic in April."

Cabrera also thanked their sponsors. "We also want to thank sponsors who kept us fed for the week: Herman's Modern Bakery, The Shack, The Hut, and Hafa Coffee. We'd also like to thank Secret Garden Hotel for hosting two of our volunteers and, of course, Boonie Babies Rescue for their sponsorship and support!"

If you're interested in getting on the waitlist for the next clinic, sign up at www.tinyurl. com/booniebabies.

BOOST

once they wake up.

From page 1

already been initiated.

"The JGO Committee agreed on respecting the process and avoiding conflict with these ongoing criminal investigations," the news release stated.

This comes soon after Flores called for an organizational meeting of the JGO committee last Jan. 24, 2023, during which the incoming JGO members discussed the upcoming mission and focus of the JGO.

As part of this process, the JGO reviewed the 22nd House JGO recommendations regarding the recently concluded BOOST hearings—a grant program initiated by former governor Ralph DLG Torres.

The program involved the release of approximately \$17 million in federal funds that were supposed to respond to business hardship arising from the COVID-19 pandemic.

In response to public outcry regarding the BOOST grant program, the Ways and Means and the Judiciary and Governmental Operations committees of the 22nd CNMI House of Representatives jointly conducted several legislative fact-finding hearings "that resulted in the discovery of unprecedented levels of corruption and fiscal mismanagement relating to federal funds," the news release stated.

After issuing subpoenas and eliciting testimony related to BOOST-related personnel, the joint committee transmitted documents and recordings to several CNMI

investigative agencies, including the Office of Public Auditor and the Office of the Attorney General, at the end of the 22nd Legislative term.

In response to the facts initially brought to light by the joint committee, the Federal Bureau of Investigations recently executed a subpoena at the Bank of Saipan. The FBI's seizure of substantial documents has resulted in the suspension of the BOOST program.

"The BOOST hearings were highly successful in exposing corruption and mismanagement," said Flores. "In light of the current statements made by Gov. [Arnold I] Palacios, initial findings of the transition teams, and statements made by the acting special assistant for the Office of Management and Budget, my colleagues

and I will turn our attention to legislative solutions to our economic situation that focus on the proper expenditure of future federal funds.'

In light of what has been

discovered so far, Flores said that safeguarding and ensuring systemic policies and procedures are in place to avoid future failures are of high priority. Also, protecting public funds and assuring these funds are spent in accordance with federal awards' goals and objectives are vital to the survival of educational, health and welfare programs, including public utilities and transportation awards aimed at infrastructure development. "These grants both provide employment and essential services to the people of our Commonwealth," she added. (Saipan Tribune)

STATUS

From page 1

21 foreign investors in the Marianas since before 2009 could also apply for the permanent Marianas-only residents status.

In his e-kilili newsletter issued over the weekend, the delegate noted that the number of people living in the Marianas dropped by 12.2% between the 2010 and 2020 U.S. census.

"That means lower tax revenues for the Commonwealth government and fewer customers for our local businesses," he said.

Sablan said he introduced the legislation to counter those negative trends.

According to the U.S. Census Bureau's 2020 report, the CNMI's total population went

down from 53,883 in 2010 to 47,329 as of April 1, 2020, which is 6,554 fewer people or a 12.2% drop.

"The population loss in our islands and resulting loss of economic viability not only hurt all of us, but also have implications for the U.S. strategic position in the Western Pacific," Sablan said.

With increasing competition for dominance from China, the United States needs to be strengthening position in the region, not shrinking in significance, he added.

"My legislation fits into that larger strategic imperative," he added.

It was during the time of then-president Donald Trump who signed the laws defining who are long-term workers and establishing the Marianas-only status.

ROBBERY

From page 1

time, Arriola said he could not release any further informa-

At around 1:30pm Friday, police who responded to the burglary managed to capture and detain one of the two men.

Meanwhile, in an interview with IPI representatives, it was learned that the two men were seen entering the building by IPI security guards at around 9am.

They were allegedly trying to steal copper wires and reusable construction materials from the casino that has been

stagnant for years. It was not immediately learned what made them suspect that the two were wire copper thieves, but an IPI representative had said that copper wires and construction materials have been stolen from the resort casino this past week. It was only last Friday that security guards witnessed the break in.

It was learned that the two individuals jumped the back fence of the casino.

Meanwhile, the man who was arrested last Friday is expected to appear before the Superior Court for a bail hearing and initial appearance hearing today.

This is a developing story. (Kimberly B. Esmores)

MAN

From page 2

on John Hamilton, 35, who is facing charges of aggravated assault and battery, assault with a dangerous weapon, and disturbing the peace.

Hamilton was then remanded back to Department of Corrections custody after failing to post bail and was ordered to return to court for a preliminary hearing and his arraignment.

According to court documents, Hamilton is accused of striking an acquaintance with a machete in a fit of rage and leaving a deep laceration on the victim's hand.

Police reports state that on covered in blood. Jan. 18, at around 7:55am, of ficers were flagged down by a male who wanted to report a disturbing the peace incident. The man was brought to the Commonwealth Health Center for the deep laceration on his hand.

In an interview conducted with the victim, police learned that he was at the Bank of Guam traffic light in Garapan at around 7am that day and was heading south when he saw a Kia Soul in his rearview mirror that he claims to recognized as Hamilton's vehicle.

The man said that that Hamilton was tailing him, bumper to bumper, which caused him to pull his vehicle to the side of the road.

When he got down, he said Hamilton got down too holding a machete.

The victim stated that he saw Hamilton pull of the machete's cover and from about two-three feet away, Hamilton swung the machete at him.

The victim said he managed to block the machete with his right hand and got cut on his ring finger.

Police noted that the victim had a two-inch long cut on his right ring finger, which was

The victim said when he pushed Hamilton away and let go of the machete, he ran back to his car and drove away.

The victim stated that he does not know why Hamilton did that when they had just hung out just a few nights before, Jan. 15, and they had no problems.

Police later found the machete on the side of the road near the Gold Beach Hotel along Beach Road.

Hamilton is on probation since Oct. 21, 2021, for burglary.

SAIPAN TRIBUNE MONDAY, JANUARY 30, 2023 **5**



VA Pacific Islands Health Care System

Veterans PACT Act Registration and Community Call

February 8-9, 2023 | 10:00 AM - 6:00 PM Hyatt Regency Saipan 873 Micro Beach Rd, Garapan, Saipan 96950

★ Services Available ★

- **OPACT Act Registration**
- **⊘** Vaccines
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- **Mealth Screenings**
- **⊘** Diabetic Foot Checks
- **VA Benefits Assistance**

For more information call 1-800-214-1306



'Statements of Financial Interests must be submitted'

By FERDIE DE LA TORRE

ferdie_delatorre@saipantribune.com

'Statements of Financial Interests must be submitted'

The Office of the Public Auditor issued Thursday a flash report about its responsibility for the oversight of Statement of Financial Interests submissions from reporting individuals that include gubernatorial appointed and elected officials.

OPA said those who are

required under the law to submit Statement of Financial Interests also include persons subject to confirmation by the Legislature, and all government employees receiving additional compensation for services rendered to or as an independent contractor for the government.

Notarized SFIs and declarations for 30-day extension are to be filed with the OPA on Yap Drive, Capital Hill.

May 1 is deadline of every calendar year, unless an SFI has already been filed within the calendar year.

A person who first becomes a subject to file an SFI within 30 days prior to May 1 can file on or before May 31 without penalty.

One 30-day extension can be obtained not less than 10 days before the date on which the SFI is due. A declaration for extension must be accom-

Cantor completes Pacific Tour of Hawai'i, Guam, CNMI

WASHINGTON—Assistant secretary for Insular and International Affairs Carmen G. Cantor has wrapped up a trip to Hawai'i, Guam and Saipan. Her visit included valuable opportunities to highlight U.S. investments, the importance of partnerships in the Indo-Pacific region, and the Biden-Harris administration's recently launched first-ever National Strategy to Advance Equity, Justice, and Opportunity for Asian American, Native Hawaiian, and Pacific Islander Communities.

While in Hawai'i, Cantor met with Gov. Josh Green and announced a grant award of \$15.8 million to help defray expenses for services provided to citizens from the Freely Associated States currently residing in the state. She joined the U.S. chiefs of mission to FAS and Brig. Gen. Kirk E. Gibbs, commander and division engineer for the Pacific Ocean Division of the U.S. Army Corps of Engineers, to discuss infrastructure projects in the FAS and U.S. territories.

Cantor met with We Are Oceania, a non-profit organization partially funded by the Department of the Interior's Office of Insular Affairs, that provides assistance and resources to FAS communities living in Hawai'i. She also met with Graduate School USA's Hawai'i team to discuss ongoing training and support to the Insular Areas for economic planning and improved financial management.

In Guam, Cantor met with Gov. Lourdes Leon Guerrero and announced a \$6.5 million grant for design and construction of a new facility for the Division of Environmental Health at the Department of Public Health and Social Services. She attended activities related to the reactivation ceremony of U.S. Marine Corps Camp Blaz and delivered remarks at a ribbon-cutting ceremony at the Guam Community College for a new DNA Forensics Lab and Toxicology Facility at the George C. Perez Crime Lab, funded partially by OIA. (**DOI**)

A longer version of this story is available at www. saipantribune.com panied by a \$50 fee payable to the CNMI government.

OPA said the imposition of penalty does not grant filers an excuse from filing an SFI.

Failure to file, except when a declaration extension is filed, constitutes a violation of Commonwealth law.

No reporting individual shall be allowed to take the oath of office, enter, be confirmed, or continue his or her duties, nor shall he or she receive compensation from the Commonwealth, unless he or she has filed an SFI.

No later than Feb. 1, the Department of Finance shall certify to OPA a list of names—in alphabetical order and mailing addresses of individuals—that

are required to file an SFI.

A supplemental list containing the names of additional required SFI filers since Feb. 1 must be certified to OPA not less than 30 days before May 1. The supplemental list must be in the same format as the original certified list.

OPA will notify in writing all individuals that are required to file an SFI no later than March 1, via mail or personal delivery.

OPA will notify by certified mail individuals that fail to file by the specified deadline.

OPA will deliver a dated receipt to the filing individual indicating that an SFI has been filed.

All SFIs are required to re-

main confidential unless otherwise requested pursuant to the Commonwealth code.

A penalty of not more than \$10 a day for each day of delinquency, as the Public Auditor determines, will be imposed, subject to appeal to the Superior Court.

A person required to file an SFI who refuses or knowingly fails to disclose required information within the time required, or who knowingly provides false or misleading information, is guilty of a misdemeanor and, upon conviction, is punishable by a fine or not less than \$500 nor more than \$1,000, or by imprisonment for a period of not more six months, or both.

SMC looks forward to working with SNILD

By CHRYSTAL MARINO

chrystal_marino@saipanribune.com Correspondent

Along with congratulating the 23rd Saipan and Northern Islands Legislative Delegation leadership team, the 17th Saipan and Northern Islands Municipal Council has also invited the delegation to a meeting to talk about how to create a better overall environment throughout Saipan and the North Islands.

In announcing last Monday, Jan. 23, 2023, that they are now ready to perform business on behalf of Saipan and the Northern Islands, municipal council chair Marian DLG Tudela also wrote SNILD chair Rep. John Paul Sablan (R-Saipan) that their team were not only duly organized, but they are ready to work with the SNILD leaders on behalf of the municipality of Saipan and the Gani, referring to the indigenous name of the Northern Islands.

In her request for a meeting with the SNILD, Tudela said they want to discuss plans to create a better overall environment throughout Saipan, as well as better help individuals from the Northern Islands—whether for those living on

Saipan or those still living on the active volcanic islands.

"Together and united leadership team working cooperatively in the best interest and for the benefit of the Third Senatorial District municipality, we can overcome the many challenges facing our island, by taking the challenges that are all too common that we all know, and those other challenges that come our way unexpectedly, as opportunities to do good and perform exemplary leadership in addressing the best interest of our people throughout our communities." Tudela stated.



Commonwealth Utilities Corporation



JOB VACANCY ANNOUNCEMENT

JVA No. 23-025 Opening Date: January 23, 2023

Closing Date: February 3, 2023

POSITION TITLE: Administrative Assistant
DEPARTMENT: CFO/Warehouse
LOCATION: Seinen Northern Meniones Island

LOCATION: Saipan, Northern Marianas Islands, USA
ANNUAL SALARY: \$16,742.00 to \$22,602.00 per annum, Non- Exempt
Not Contracted

POSITION(S): One (1)

The incumbent will be under the direct supervision of the Chief Financial Officer or his/her designee. This class specification represents only the core areas of responsibilities; specific position assignments will vary depending on the needs of the department.

Duties

- Gathers, assembles, updates, processes and/or distributes forms, documents, requests, invoices, mail and/or records; reviews
 information for completeness, accuracy and content; resolves discrepancies; prepares information for processing and disseminates
 and/or maintains documentation.
- Provides reception duties and responds to request for information; provides customer support with completing forms and answering
 routine questions; refers inquiries as required to the appropriate resource; and advises management of issues for resolution.
- Enters data in systems or on documents; organizes and maintain files, records, logs, and/or timesheets, ensure file integrity and retention
 of records and documentation according to established procedures.
- Retrieves and/or prepares reports, correspondence, documents, deposits, account adjustments and other related documentation.
- Monitors supplies, materials and/or equipment inventory; prepares requisitions replenishment of supplies or required services; monitors
 order status, coordinates deliveries and services with vendors; and may provide pickup or delivery of documents or items as needed.
- Copies and scans documents; maintains and organizes files records, reports and accounting transaction documentation.
- May assist with warehouse duties and responsibilities as assigned.

Minimum Requirements

Education: High School Diploma or General Education Diploma or Adult Basic Education Program

Knowledge of: Administrative and office procedures and systems; managing files and records; Customer service principles; Basic mathematical principles; Recordkeeping principles; Safety principles and safe work practices; and Modern office technology.

<u>Skills in:</u> Providing customer service and responding to inquiries; Coordinating services with other departments or resources; Preparing, packing, issuing and delivering materials and supplies; Verifying material quantities and quality; Providing attention to detail; Adhering to safety procedures and safe work practices; Maintaining activity logs and reports; Performing basic mathematical calculations; Researching account information or discrepancies; Preparing and maintaining files, forms, reports and records; Copying and scanning documents; Updating, maintaining and preparing reports and spreadsheet tracking documents; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with coworkers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday through Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950 Tel: (670) 664-4282 • Fax: (670) 235-5131 CUC is an Equal Opportunity Provider and Employer.



COMMONWEALTH UTILITIES CORPORATION



OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BID CUC-IFB-23-014

ISLAND WIDE ROAD RESTORATION, SAIPAN

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Island Wide Road Restoration, Saipan, Commonwealth of the Northern Mariana Islands.

This Indefinite Delivery/Indefinite Quantity work consists of excavation, placing of flowable fill and asphalt to restore pavement areas cut by CUC to repair waterlines, sewerlines and customers' water service connections. Payment is only for the items completely installed and accepted by CUC and DPW. The duration of the contract is one year (365 calendar days) from date of award with an option to extend for an additional year if exercised by CUC.

The Bid Package will be emailed, upon receipt of a non-refundable payment from the CUC Treasury Section, by cash, check, or credit card in the amount of \$200.00 (non-refundable), after registration at the CUC, Procurement & Supply Office, 3rd Floor, Room 3, Joeten Dandan Commercial Building, Dandan, Saipan, between 7:30 AM to 11:30 AM and 12:30 PM to 4:00 PM, Monday through Friday, except on government observed holidays.

A Pre-Bid Conference followed by a Site Visit is scheduled on **February 6, 2023 at 10:00 AM (ChST)** at the CUC Main Conference Room 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Seven (7) hard copies must be submitted in a sealed envelope marked "CUC-IFB-23-014, Island Wide Road Restoration" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on February 28, 2023, at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement the form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information of understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A Bid Guarantee of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety or other surety acceptable to the Attorney General. A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety or other security acceptable to the Attorney General. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to

All questions or request for clarification regarding this project must be submitted in writing no later than 10:00 AM (ChST) on February 10, 2023 to Manny B. Sablan, Jr., CUC Purchasing Administrator, via email — manny.sablan@cucgov.org with a copy to Yvonne C. Ogumoro Acting Water & Wastewater Division Manager — via email yvonne.ogumoro@cucgov.org and Marcela Tenorio, Procurement & Supply, Senior Administrative Technician — via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids

GARY P. CAMACHO

MANNY B. SABLAN Purchasing Administrator

Jan. 27 to Feb. 4 is designated Catholic Schools Week

designated the week of Jan. 27 to Feb. 4, 2023, as Catholic Schools Week in the CNMI during a proclamation signing last Friday, Jan. 27, 203, at the Mount Carmel Cathedral.

Palacios signed the proclamation document at Mount Carmel Church in a ceremony that was also attended by Lt. Gov. David M. Apatang, Bishop Ryan Jimenez of the Chalan Kanoa Diocese. Mount Carmel School president Frances Taimanao, and MCS faculty and students.

The national theme for the 2023 Catholic Schools Week is "Catholic Schools: Faith. Excellence. Service"

The proclamation recognizes the sacrifices of parents who choose and continue to choose to send their children to Catholic schools, and acknowledges the outstanding commitment of the teachers, administrators, and other perlent education in the Catholic schools in the Diocese of Chalan Kanoa.

"We urge the faithful of the diocese to participate in observance of this week in appropriate ways that will help instill an awareness and appreciation of the values that Catholic education cultivates in our children, which enhance the quality of life for all our people," the proclamation states.

In particular, the proclamation highlights the roles of the Sister Remedios Early Childhood Development Center and Mount Carmel School in bringing Catholic education to the CNMI.

The Catholic Church on Saipan established the Our Lady of Mercy Kindergarten in 1951, now knows as the Sister Remedios Early Childhood Development Center, and Mount Carmel School in



Lt. Gov. David M. Apatang reads the proclamation that designates the week of Jan. 27 to Feb. 4, 2023, as Catholic Schools Week during a proclamation signing last Friday at the Mount Carmel Cathedral. The occasion was also attended by Diocese of Chalan Kanoa Bishop Ryan P. Jimenez, Mount Carmel School president Frances Taimanao, MCS board chair Vicente Babauta, MCS board member Jacqueline Che, MCS Parent Council secretary Mai Mendiola, MCS faculty and staff, and

1952. In 1985, the Catholic Church on Saipan was elevated to a diocese and subsequently set up a Catholic Education Office.

The proclamation states that Sister Remedios Early Childhood Development Center and Mount Carmel School have provided "outstanding education to their students, thus contributing to the welfare of the CNMI."

"Sister Remedios Early Childhood Development Center and Mount Carmel School train and produce students strongly dedicated to their faith, values, families and communities by providing an intellectually stimulating environment rich in spiritual, character and moral development; and...are committed to providing a safe, structured and caring learning environment dedicated to developing each student's God-given potential. (Saipan Tribune)

Free training on federal contracting set for today and tomorrow at NMC

By LEIGH GASES

leigh_gases@saipantribune.com

The Guam Procurement and Technical Assistance Center, or Guam PTAC and the CNMI Small Business Development Center Network, or CNMI SBDC, will present a free training today and tomorrow that will teach participants the basics of federal contracting.

For today, Monday, Jan. 30, the training will be held at the Tinian SBDC, NMC Campus Room D, from 10:30am to 12pm and 2pm to 4pm. Register here: https://marianas.ecenterdirect.com/events/1019116

For tomorrow, Tuesday, Jan. 31, the training will be held at the CNMI SBDC, NMC campus, room V109, from 10am to 12pm and 2pm to 4pm. Register at https:// marianas.ecenterdirect.com/ events/1019115

On both days, in the morning session, participants will learn how to register in the System of Award Management, or SAM, and how to find federal opportunities; in the afternoon session, they will learn how to get HUB-Zone and Women-Owned Small Business Certified.

The training topics include Business Plan, Government Contracting, and an-owned Businesses.

Nadine C. Deleon Guerrero, SBDC network director, said this training opportunity "is very rare for our CNMI resi-

"The impending growth of militarization expansion in the Commonwealth signifies a need to be proactive toward finding alternative means to stimulate our economy. Conducting business between military and key federal partners

will help ease some of the effects of our tourism market while it recovers," she said. "We have talent at home, it's just a matter of positioning to be eligible to compete for project bids like other stateside companies. There is an abundance of opportunity for our local businesses to partake in the bidding process, we just need to get them there. With this training opportunity, our local businesses will be informed on the next steps to becoming a bona fide federal contractor. Much appreciation to the Guam PTAC office for partnering with

the CNMI SBDC to make this possible for our local business community."

Deleon Guerrero encourages those who are interested to sign up for these training sessions that are scheduled to take place Monday, Jan. 30, on Tinian, and Tuesday, Jan. 31, on Saipan to contact their office (670) 237-6888 and register to become an SBDC client to receive information on future training opportunities.

The Guam PTAC, according to its website, provides services needed to ensure that Guam small businesses are

competitive in the local and federal marketplace. Partnerships are being developed to expand technical assistance to small businesses. To learn more about the Guam PTAC, visit https://www.marianas. edu/cnmisbdc

The CNMI SBDCN promotes a business-friendly economic infrastructure in the community, builds entrepreneurial capacity and financial literacy within that community, and provides current and nascent small businesses with the technical assistance, counseling, training, and support they need to innovate, adapt, and grow.



NORTHERN MARIANAS HOUSING CORPORATION

Community Development Block Grant — Disaster Recovery (CDBG-DR) Division P.O. BOX 500514, Saipan, MP 96950-0514
Email: cnmi-cdbg-dr@nmhcgov.net • Website: http://www.cnmi-cdbgdr.com

INVITATION FOR BID (IFB) NMHC IFB 2023-001

(This ad is paid for NMHC with HUD funds)

BID SUBMISSION DATE & TIME: February 21, 2023, 10:00 a.m.

Route 205 and 206 Road and Drainage Improvement Project, Tinian

Project Package will be available on January 20, 2023, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One-Hundred Dollars (\$100.00) is required for each set of the project package. Payment must be made payable to NMHC and receipt of payment must be presented when obtaining the project package at the reception counter.

The provisions on the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid Conference will be held at the NMHC Field Office in Tinian located at the NMC Campus in Tinian on January 31, 2023, 10:00 a.m. In addition, a Mandatory site Visit/Inspection of the project site will be conducted immediately after the Pre-Bid Conference. Failure to attend both the Mandatory Pre-bid conference and the Mandatory site Visit/Inspection will be considered a

For more information, contact Mr. Jacob Muna, Office Manager, at (670) 234-9447 or via email at officemanager@nmhcgov.net during business hours, 7:30am - 4:30pm Monday through Friday, except CNMI holidays.

/s/ JESSE S. PALACIOS Corporate Director

/s/ MERCED "MARCIE" M. TOMOKANE NMHC Board of Directors



NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BID (IFB)

(This ad is paid for NMHC with HUD funds) BID SUBMISSION DATE & TIME: February 23, 2023, 10:00 a.m.

Kagman Community Park Phase II Project

Project package will be available on January 23, 2023, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One Hundred Dollars (\$100.00) is required for each set of the project package. Payment must be made payable to NMHC and a receipt of payment must be presented when obtaining the project package at the reception counter. The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be at the NMHC Conference Room located in Garapan, Saipan on February 03, 2023, 10:00 a.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 9:00 a.m. February 02, 2023.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. - 4:30 p.m. Monday through Friday, except CNMI holidays

Corporate Director

/s/ MERCED "MARCIE" M. TOMOKANE NMHC Board of Directors



NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BID (IFB)

(This ad is paid for NMHC with HUD funds)

BID SUBMISSION DATE & TIME: February 23, 2023, 2:00 p.m.

Rehabilitation of the Tinian Little League Baseball Field

Project package will be available on January 23, 2023, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One Hundred Dollars (\$100.00) is required for each set of the project package. Payment must be made payable to NMHC and a receipt of payment must be presented when obtaining the project package at the reception counter.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND

A Mandatory Pre-Bid conference will be at the NMHC Field Office in Tinian located at the NMC Campus in Tinian on January 31, 2023, 2:00 p.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation must be addressed in writing to Mr. Jacob Muna. Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 4:00 p.m. January 30, 2023.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. - 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/ JESSE S. PALACIOS Corporate Director

/s/ MERCED "MARCIE" M. TOMOKANE

Chairwoman NMHC Board of Directors

8 MONDAY, JANUARY 30, 2023

Opinion



Published daily at 2/F JP Center, Beach Road, Garapan, Saipan, CNMI Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR jayvee_vallejera@saipantribune.com

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MEMBER

♠ The Associated Press

Pacific Islands News Association

EDITORIAL

Our American carnage

y Tuesday, Jan. 24, the United States had already recorded 39 mass shootings (minimum of four people injured or killed)—in big cities and small towns, in deliberate acts of savagery and random acts of senseless brutality, in homes, businesses, farms and streets.

The victims are Black, white, Hispanic and Asian; men and women; adults and—heaven help us—so many children.

No American community is spared the awful and indelible trauma of gun violence. And this will continue until we, as a society and as a nation, choose a different course.

We have the power to stop it the moment we demonstrate the will and the resolve.

Jan. 1: Four people shot at a recreation center in Allentown, Pennsylvania.

Jan. 1: Five people shot at a Subway restaurant in Durham, North Carolina.

Jan. 1: Nine people shot, including a 2-year-old boy, at a house party in Miami Gardens, Florida.

Jan. 1: Four people shot, one fatally, in Washington Park in Chicago.

Jan. 1: Six people shot, two fatally, at a block party in Ocala, Florida.

Jan. 1: Five people shot, one fatally, at a nightclub in Columbus, Ohio.

Jan. 3: Four people shot on a street in New Orleans.

Jan. 3: Four people shot, one fatally, on a street in Washington, D.C. An 8-year-old boy was among the wounded.

Jan. 4: Four teenagers shot and one 3-year-old killed at a home in Dumfries, Virginia.

Jan. 4: Five teenagers shot, one fatally, at a shopping center in Baltimore.

Jan. 4: Three adults and five children, ages 4-17, fatally shot in a murder-suicide in Enoch, Utah.

Jan. 5: Ten people shot outside a restaurant in Miami Gardens, Florida.

Jan. 5: Five people shot, two fatally, outside a home in New Orleans.

Jan. 6: Four people shot, one fatally, in the Mission District of San Francisco.

Jan. 6: Five people shot, three fatally, at an apartment complex in Dallas.

Jan. 7: Five people shot and killed in a murder-suicide in

High Point, North Carolina.

Jan. 7: Eleven people shot, two fatally, at a 21st birthday

Jan. 7: Eleven people shot, two fatally, at a 21st birthday party in Huntsville, Alabama.

Jan. 8: Four people shot at a park in Albany, Georgia.

Jan. 8: Four people shot at a nightclub in Minneapolis.

Jan. 9: Four people shot on a street in Denver.

Jan. 9: Four people shot at a Little Ceasar's restaurant in Minneapolis.

Jan. 9: Four people shot, three fatally, outside a home in Philadelphia.

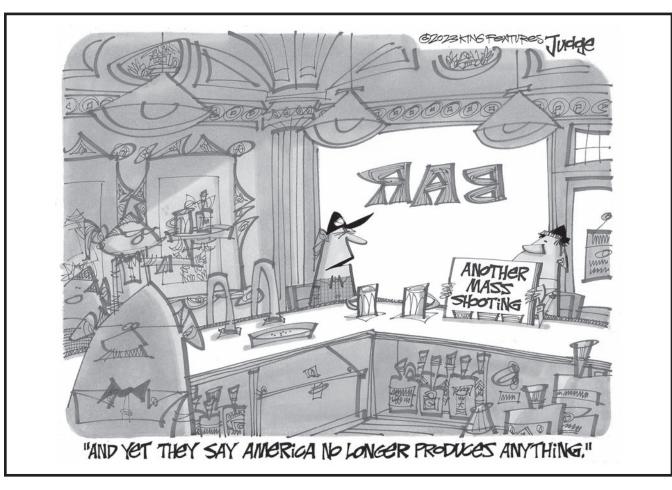
Jan. 13: Three adults and a teenager were shot fatally, and an 8-year-old girl was wounded, at a house in Cleveland.

Jan. 14: Four people shot on a street in St. Louis.

Jan. 15: Five people shot, one fatally, at a nightclub in

Jan. 15: An adult, a pregnant woman and two teenagers shot

See CARNAGE on Page 9



When a 6-year-old is accused of shooting his teacher, it's time for a paradigm shift

ix-year-old children should be learning to read, identify new words by matching letters to sounds, count to 100, and do basic addition and subtraction. But now we have a 6-year-old who allegedly shot his teacher in Newport News, Virginia.

Unfortunately, school shootings are not uncommon. There have been more than 1,300 school shootings in the U.S. since 1970, according to data from the government-sponsored Homeland Security Digital Library. Since the Columbine High School shooting in 1999 in Colorado, where two teens killed 13 people, there have been well over 500 school shootings. The shooting in Uvalde, Texas, in May, where 19 children and two adults were killed, was the most recent school massacre to shock the nation.

Sadly, we are growing too accustomed to school shootings, which speaks to the need for change in our system. However, the news of a 6-year-old allegedly shooting his teacher did shock us all. Of all the shootings at schools, none of the offenders has been this young.

We have a dilemma on our hands: How do we address this issue from a legal and educational standpoint? Common law recognizes the innocence of youth at this age under the doctrine known as infancy defense. It holds that children younger than 7 should not be prosecuted for a crime because they are too young to form criminal intent.

Unfortunately, no one envisioned a century ago, when common law was formed, that our youths would have this kind of exposure to the world. Social media didn't exist, and neither did the internet. The world was significantly different. More than half our youth younger than 11 own a cellphone, according to data from Common Sense Media, and therefore access to the world.

Parents and other stakeholders are concerned over children's use of technology and the impact it's having on them. The rates at which our youths are using phones and other technological devices continues to grow. With this exposure, it's conceivable to think that they may experience behavioral changes, as was revealed in a study of about 1,600 first graders in Japan in 2018. The study found a link between the use of smartphone technology and behavioral development.

While the legal system works out the unprecedented school shooting in Virginia to determine what contributed to this horrific act, school doors across the country must continue to open daily. The problem is that it's not a matter of if there will be another school shooting—but when. Historically, school districts have not had to worry about young elementary stu-

By JERALD MCNAIR

Chicago Tribune

Jerald McNair is a school administrator at South Holland School District 151.



dents carrying out shootings but those outside the school, who are known as external threats.

Now that conversation has to change, and so should the practices. One practice to consider is putting metal detectors in every school across the country or at least having each school district seriously consider it.

In this era of polarization, where it's more difficult than ever to get consensus on policy matters, one thing we all share is a desire to keep our kids safe. No matter our race, ethnicity or religious affiliation or whether we're Democrats, Republicans or independents, we all want our children to have productive lives.

Far too many of our children are being negatively affected by violence. While we focus on the 6-year-old who allegedly shot his teacher and we hope he gets counseling, what about the children who were in that classroom? What about the teacher? They have to live with this trauma for the rest of their lives.

Metal detectors may be able to prevent some of these senseless acts. There are well over 13,000 public school districts and more than 30,000 private schools in the U.S., which shows how complex the situation is. School shootings can happen in any one of these districts, whether the community is rural, suburban or urban.

How metal detectors will be funded may cause some communities pause. But that should be the least of our worries. The lives of our children and teachers must take precedence over politics. With the help of federal and state funding, resources can be found. Political difficulties should not prevent any attempts to make it happen. Some children are concerned about attending school because they are afraid for their safety, and far too many teachers are leaving the profession.

Students and teachers have a right to feel assured when they go to school. Parents have a right to expect that their children will not be shot at school and will return home unharmed. Metal detectors may help save lives and deter those who may desire to take part in such tragic events.

Evidence is mounting that COVID is bad for the brain

he possibility that a COVID infection could damage your brain is terrifying. Scientists have established that long COVID often manifests itself with neurological changes—brain fog, memory problems, fatigue. And some researchers have found changes in the brain after even mild cases of the virus. Every time I go on Twitter I see another horrible personal anecdote, often reflecting changes in brain processing speed and an increase in confusion and errors.

There's also potentially a deep societal and economic cost. One Brookings Institution report estimated that perhaps 4 million Americans have been unable to work due to long COVID; some of these sufferers have blamed brain fog for ruining their ability to think. What will happen to human beings if our brainpower gets blunted?

It's enough to make you wonder: Even if I feel fine, is my brain really unscathed?

The scientific paper that's most often cited in media scare stories on brain damage and COVID came from the Wellcome Center for Integrative Neuroimaging and Oxford University. Researchers there made clever use of brain scans taken from 785 people before the pandemic. By bringing them back some months into the pandemic, the scientists could compare those who'd had COVID with those who hadn't. All the brains showed small fluctuations, but on average, the previously infected showed a small decrease in the amount of grey matter, concentrated in the region that governs smell and memory.

The researchers noticed a similarity to changes associated with aging—and that led to headlines saying that COVID ages your brain by up to a decade. But there were big unanswered questions raised by that study—ones I wrote about when it published last March.

The brain difference was an average—some people's brains aged 10 years, while others only seemed a year older. And it's possible that some people recovered from COVID with no changes in their brains. The researchers noted that the brain changes were more pronounced in older people and those with more severe infections—ones that required a trip to the hospital.

The paper didn't connect the brain changes to any experience of long COVID, and neurologists I spoke with at the time said it's hard to know what's clinically significant. And

there was no way to know back then whether these changes were likely to be permanent.

The researchers declined my requests for an interview, but I did find other experts who had jumped in with their own studies.

Neurobiologist Maria Mavrikaki of Beth Israel Deaconess Medical Center in Boston had become fascinated by the imaging study and pointed out that the researchers also saw one form of cognitive decline in COVID patients over 60—an increase in the time it took to complete a connect-the-dots puzzle. "These individuals that are recovered from mild COVID demonstrate cognitive decline and they are losing gray matter in the brain," she said. The changes might not be permanent. But they are still worrisome.

Mavrikaki pointed to another study, which was carried out in France in 2020 using PET scans performed during COVID infections, after recovery, and six months later. The subjects all improved, although not everyone recovered completely.

She and her colleagues tried a different approach—looking for changes at the molecular level by studying the brains of people who died from COVID and comparing them to brains of people who died from other causes. They published their results last December in Nature Aging.

She said the brains, which come from a source called Neuro-BioBank, could be categorized so she could compare those who died from COVID with those who suffered no psychological or cognitive diseases when they died.

The COVID-infected brains showed activation in genes associated with immune responses, and decreased expression of genes associated with cognition, learning and memory. Worse still, the changes resembled those other researchers had found for people who showed what she called "low cognitive performance" before they died.

How scared should we be? She said it's not like 100% of people who get COVID—especially a mild case—will see cognitive decline. "But it is a possibility for a percent of them," she said.

There are various mechanisms scientists are studying to understand how COVID might cause brain damage, including infection in some brain cells, and an errant immune response that stays switched on after the infection is gone.

At the National Institutes of Health, neurologist Avindra Nath has also been using imaging to study COVID and the brain. He

By FAYE FLAM

Bloomberg Opinion

Faye Flam is a Bloomberg Opinion columnist covering science. She is host of the Follow the Science podcast.



specializes in the way different viruses affect the brain—from HIV to Ebola.

When I stopped by his lab earlier this month, he estimated that long-term neurological problems affected about 10% of people before vaccines were available, and some smaller percentage of people now. That's bad-the meaning of the word decimate is to take out one of ten soldiers. But there's still hope that people are either slowly recovering or will respond to one of the treatments that's being developed. He's launching a clinical trial that will use an antibody treatment in an attempt to tamp down excess inflammation in people with long-term neurological problems.

What about those of us who feel okay but had a bout with COVID despite getting vaccinated? If you feel fine, he said, you probably are fine. It's a roll of the dice and we're the lucky ones. He said people's brains can show age-related degeneration from all kinds of factors including injuries, alcohol consumption and possibly other viruses, such as flu.

So maybe the root of my anxiety comes down to the awareness that so much hinges on this three-pound organ that can be so easily inflamed by viruses that are all around us, as well as damaged from minor injuries and youthful drinking binges. That mild case of COVID might have been less damaging than getting the flu a couple of decades ago, drinking too much and getting minor bumps playing sports when I was younger and more

The best we can do is be thankful we're still alive and functioning, get a flu shot as well as COVID boosters, wear a helmet for dangerous sports, don't binge drink, and don't waste too much mental energy agonizing about the past.

I grew up in the era of mass shootings. Fear of violence grips my generation

he first mass shooting I remember is Sandy Hook in 2012. I was in middle school then, and I could tell something was wrong when I walked downstairs and saw my parents watching the news while it was still

During my first year of high school, I remember my math teacher telling us what to do if there was a gunman in the building. If you can't run, she said, use your desk as a shield.

I remember exactly where I was and what I was doing when I heard about the shooting at UNC Charlotte in 2019. In the library of my own university, just two hours away, I suddenly felt incredibly vulnerable. I repositioned myself so I could keep one eye on the entrance—just in case.

Then it happened in my hometown, when five people died in Raleigh's Hedingham community last October. They were shot in the city I grew up in, where my family still lives, on a greenway I'm used to walking on.

No matter where it happens, though, it always feels closer than we'd like. It happens in cities and towns that look like ours, in places that are familiar to all of us—the grocery store, the movie theater, a place of worship, a concert, a parade, a nightclub.

It is always in the back of my mind, and I rarely find myself able to fully relax in public. When I expressed this sentiment on Twitter this week, I was sadly unsurprised by how much it

resonated with others, especially those who are close to my age.

My peers and I have grown up in a culture of gun violence, and we are often referred to as the "school shooting generation." Most of us can hardly remember a time when these tragedies weren't commonplace. Gun violence prevention is consistently a top priority for Gen Z voters, and it has driven many young people to advocate for change and even run for political office.

Maxwell Frost, who made history recently as the first Gen Z member of Congress, is a gun violence survivor himself. He started organizing to end gun violence at age 15, after Sandy Hook. March for Our Lives was formed in the wake of the 2018 shooting at Marjory Stoneman Douglas High School in Parkland, Florida. It became one of the biggest youth protests since the Vietnam War.

Mass shootings have defined our generation, but we are not the only ones who live with this fear. Nearly half of Americans are worried about themselves or a family member becoming a victim of a mass shooting, according to a 2019 Gallup poll. A WRAL News poll released in October found that nearly half of North Carolinians worry about it, too.

The American Psychological Association reported in 2019 that a third of U.S. adults said the fear of mass shootings stops them from going to certain places and events, and 79% said mass shootings are a source of stress in their lives. Many mass shoot-

By PAIGE MASTEN

Charlotte Observer

Paige Masten is an opinion writer for the Charlotte Observer and McClatchy's North Carolina opinion team.



ings have been motivated by racism and hate, which has put marginalized communities on especially high alert.

Statistically speaking, the odds of me or someone I love dying in a mass shooting are not high, especially compared to everything else that's much more likely to kill us. But they are far higher than they should be, and the number of preventable tragedies that occur every year continues to grow. In the first three weeks of 2023, there have already been 40 mass shootings across the country—including the back-to-back shootings that killed 19 people in three days in California.

A friend of mine doesn't like going to places with only one visible exit. A professor who taught me in college told me he now closes and locks the door every time class begins. People who responded to me on Twitter said they are constantly identifying escape routes when they go out in public. Others said they've taken up running or study on the third floor of their campus center, where it feels safer.

Just in case.

It never had to be this way.

CARNAGE

From page 8

at a home in Phoenix.

Jan. 15: Four people shot, one fatally, at a parking lot in Home-

Jan. 15: Five people shot, two fatally, at an apartment complex in Rockford, Illinois.

Jan. 16: Six people shot, one fatally, on a street in Sanford, Florida.

stead, Florida.

Jan. 16: Six people shot fatally, including a 16-year-old girl and a 10-month-old boy, at a home in Goshen, California.

Jan. 16: Eight people shot, one fatally, at a park in Fort Pierce,

Jan. 17: Four people shot outside a restaurant in Houston. Jan. 21: Twenty people shot, 11 fatally, at a dance hall in Monterey Park, California.

Jan. 22: Eight people shot, including three children under the age of 10, at a house in Shreveport, Louisiana.

Jan. 22: Twelve people shot at a nightclub in Baton Rouge, Louisiana.

Jan. 22: Four people shot outside a casino in Robinsonville,

Jan. 23: Eight people shot, one fatally, at a gas station in Oakland, California.

Jan. 23: Eight people shot, seven fatally, at a mushroom farm in Half Moon Bay, California.

Jan. 23: Five people shot, two fatally, at a home in Chicago. (Information culled from the Gun Violence Archive, gunviolencearchive.org.)

10 MONDAY, JANUARY 30, 2023 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN **TODAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Isolated showers. Isolated showers. Mostly sunny Isolated showers. Mostly sunny Mostly sunny Mostly sunny 74° 74° 85° 86° 76° 86° 86° 86° 75° 76° YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:40 AM, SUNDAY, JANUARY 29, 2023

Western North Pacific between equator and 25N from 130E to 180

Guam Doppler weather radar shows isolated showers to the west of the radar, while satellite shows shows to the Marianas Waters. The buoys reveal combined seas of 6 to 8 feet composed mainly of an east swell, with a smaller north swell and wind waves moving through it.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

AROUND THE GLOBE

Sunny

Sunny

Partly Cloudy

Windy

Cloudy

Partly Cloudy

Partly Cloudy

Mostly Cloudy

Partly Cloudy

Mostly Sunny

Mostly Cloudy

Mostly Sunny

Sunny

Showers

Sunny Showers

Sunny

Rain

TIDES: SAIPAN HARBOR TODAY FEET

High Tide

Low Tide

High Tide

Low Tide

Auckland

Beijing

Hong Kong

Honolulu London

Los Angeles

Manila

Melbourne

Miami New York

Osaka

Paris

Busan

Rome

Salem

San Francisco

Seoul

Tokyo

Washington, DC

4:09 AM

8:23 AM

2:03 PM

10:03 PM

MICRONESI	A	▲ ▼°F
Guam and Rota	Partly Cloudy	87° / 79°
Palau	Thunderstorms	86° / 79°
Yap	Partly Cloudy	86° / 79°
Chuuk	Thunderstorms	87° / 81°
Pohnpei	Thunderstorms	86° / 79°
Kosrae	Mostly Cloudy	86° / 79°
Majuro	Partly Cloudy	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:46 AM	6:13 PM
Tuesday	6:46 AM	6:14 PM
Wednesday	6:46 AM	6:14 PM
Thursday	6:46 AM	6:15 PM
Friday	6:46 AM	6:15 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	1:16 AM	12:54 PM
Tuesday	-	2:10 AM	1:39 PM
Wednesday	-	3:03 AM	2:26 PM
Thursday	-	3:57 AM	3:16 PM
Friday	-	4:48 AM	4:08 PM

Tilday		0.4	O AIVI		0.101 W	
DAY	MOG	ONRISE	MOONS	ET	MOONRISE	
Today		-	1:16 AN	N	12:54 PM	
Tuesday		-	2:10 AN	N	1:39 PM	
Wednesday		-	3:03 AM	M	2:26 PM	
Thursday		-	3:57 AM	N	3:16 PM	
Friday		-	4:48 AN	M	4:08 PM	

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FLIGHT SCHEDULE AS OF JANUARY 17, 2023

	DEPA	ARTURES			AR	RIVALS	
SAIPAN-	GUAM (GUM)		GUAM (G	ium)-sai	PAN	
UA117	9:50AM	10:35AM	Daily	UA174	8:00AM	8:46AM	Daily
SAIPAN-	NARITA	(NRT)		NARITA	(NRT)-SA	IPAN	
UA824	7:05AM	9:45AM	1, 3, 5	UA825	9:25PM	2:00AM+1	2, 4, 7
GUAM-M	IANILA (MNL)		MANILA	(MNL)-G	UAM	
PR 111	5:30AM	7:25AM	Daily	PR110	10:05PM	3:55AM+1	Daily
UA193	7:55PM	11:50PM	2, 5 via Palau	UA184	10:55PM		1, 3, 4, 6, 7
UA183	8:00PM	9:50PM	Daily	UA192	10:40PM	6:30AM+1	2, 5 via Palau
			,	UA189	12:40AM	6:30AM	3, 6
SAIPAN-	MANILA	(MNL)		MANILA	(MNL)-SA	AIPAN	
UA117/183	9:50AM	9:50PM	Daily via	UA189/174	12:40AM	8:46AM+1	3, 6 via Guam
			Guam	UA184/174	10:55PM	8:46AM+1	1, 3, 4, 6,7
UA117/193	9:50AM	11:50PM	2, 5 via				via Guam
			Guam, Palau	UA192/174	10:40PM	8:46AM+1	2, 5 via Palau,
0Z624/701	3:50PM	10:35AM+1	3,6 via				Guam
Incheon				0Z704/623	11:50PM	2:20PM+1	2, 5 via
							Incheon
SAIPAN-	INCHEO	N (ICN)		INCHEO	l (ICN)-S	AIPAN	
TW308	3:15AM	6:55AM	1, 2, 4, 5, 6, 7	0Z623	9:00AM	2:20PM	3, 6
TW9308	3:30AM	7:10AM	2, 4	7C3406	10:10AM	3:30PM	Daily
0Z624	3:50PM	7:40PM	3, 6	TW307	8:45PM	2:15AM+1	1, 3, 4, 5, 6, 7
7C3405	4:35PM	8:25PM	Daily	TW9307	9:00PM	2:30AM+1	1, 5
LEGEND: Da	ays: Monda	y (1), Tuesday (2), Wednesday (3)	Thursday (4),	Friday (5), S	aturday (6) an	d Sunday (7); UA

United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022

DEPARTS

7:35 A.M.

4:35 P.M.

DEPARTS

9:00 A.M.

10:25 A.M.

9:50 A.M. 4:00 P.M.	10:05 A.M. 4:15 P.M.	(Except Saturdays)
SAIPAN T	O ROTA	
DEPARTS 8:10 A.M. 1:45 P.M.	ARRIVES 8:40 A.M. 2:15 P.M.	FREQUENCY
SAIPAN T		

FREQUENCY

FREQUENCY

(Except Sundays)

SAIPAN TO TINIAN

ARRIVES

7:15 A.M.

ARRIVES

6:05 P.M.

12:00 P.M.

DEPARTS

7:00 A.M.

DEPARTS

5:15 P.M.

11:10 A.M.

▲ ▼°F

77° / 63°

45° / 25°

70° / 64°

77° / 66°

52° / 50°

75° / 47°

88° / 75°

66° / 55°

80° / 74°

61° / 46°

48° / 37°

46° / 37° 52° / 37°

55° / 34°

74° / 44°

61° / 45°

43° / 27°

52° / 36°

60° / 44°

1.00

1.60

-0.06

2:35 P.M.	3:05 P.M.	
GUAM TO	SAIPAN	
DEPARTS	ARRIVES	FREQUENCY
12:30 P.M.	1:20 P.M.	
6:40 P.M.	7:30 P.M.	

TINIAN TO SAIPAN

ROTA TO SAIPAN

GUAM TO ROTA

14:30

15:30

16:30

17:30

2108

2109

2110

2111

ARRIVES

7:50 A.M.

4:50 P.M.

ARRIVES

9:30 A.M.

10:40 A.M.

FREQUENCY

FREQUENCY

(Except Sundays)

(Except Saturdays)

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN	TO ROTA		
FLIGHT#	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/
			Sat/Sun
1303	15:30	16:00	Daily

ROTA 1	O GUAM		
LIGHT # 3401	DEPARTS 12:00	ARRIVES 12:30	FREQUENCY Mon/Wed/Fr
SAIPAN	A TO TINIA	N	

SAII AII	I U I III III A		
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

RUTA TU SAIPAN					
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY		
3101	9:30	10:00	Daily		
3102	13:00	13:30	Tues/Thurs/		
			Sat/Sun		
3102	14:00	14:30	Mon/Wed/Fri		
3103	16:30	17:00	Daily		

FLIGHT # 4301	DEPARTS 13:00	ARRIVES 13:30	FREQUENCY Mon/Wed/Fri
TINIAN	TO SAIPA	N	
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily

14:45

15:45

16:45

17:45

Daily

Daily

Daily

Daily

ESGR present awards at 'Lunch with the Boss' event

By I FIGH GASES

leigh_gases@saipantribune.com REPORTER

Five Patriot Awards and one Seven Seals Award were presented last Thursday at the Guam-CNMI Employer Support of the Guard and Reserve State Committee Lunch with the Boss event at the Azucena Room of the Crowne Plaza Resort Saipan.

The five awardees for the Patriot Award were Ferdinand Mallari from the U.S. Customs and Border Protection, nominated by Hendricks Daniel; IT&E's Clarinda Besong, who was nominated by Gerald De Guzman; CNMI Public School System's Jackie Quitugua, who was nominated by Jonas Barcinas; A.A. Enterprises Inc.'s Kun Sik Choi, nominated by Jenny Pineda; and James Sablan from DanDan Middle School, nominated by Luis Macaranas.

The Patriot Award is presented to employers who have shown extraordinary support to their employees who serve in the U.S. National Guard and Reserve.

James Kennedy Benjamin, Family Readiness Support assistant for the Family Programs Office at the 9th Mission Support Command, received the Seven Seals Award.

Benjamin said he was surprised to have been chosen for the award. "It is an honor to have been chosen



LEIGH GASES

Recipient of the Patriot Award, Kun Sik Choi, second from left, who was nominated by Jenny Pineda, center, is joined by CNMI Committee area chair Dr. Rita Sablan, left, Employer Support of the Guard and Reserve chair Rey Llaneta, second right, and ESGR vice chair Benny Paulino, right.



LEIGH GASES

The recipient of the Seven Seals Award is James Kennedy Benjamin, third from right, Family Readiness Support assistant for the Family Programs Office at the 9th Mission Support Command. He is joined by his wife, Kiki, third left; CNMI Committee area chair Dr. Rita Sablan, left; civilian aide to the Secretary of the Army Mike Sablan, second left' Employer Support of the Guard and Reserve chair Rey Llaneta, second right, and ESGR vice chair Benny Paulino, right.



BY LEIGH GASES/LEIGH_GASES@SAIPANTRIBUNE.COM/REPORTER

At the Guam-CNMI Employer Support of the Guard and Reserve State Committee Lunch with the Boss event, five Patriot Awards and one Seven Seals Award were presented Thursday at the Azucena Room of the Crowne Plaza Resort Saipan. In this photo, the five Patriot Award recipients' representatives, seated, along with James Kennedy Benjamin, seated center, recipient of the Seven Seals Award, are joined by Guam-CNMI ESGR volunteers including Dr. Rita Sablan, seated left, and ESGR vice chair retired U.S. Army Maj. Gen. Benny Paulino, seated, right.



LEIGH GASI

From left, Rose Igitol, employer outreach representative for the CNMI; Joann Aquino, CNMI ombudsman representative; Mike Sablan, civilian aide to the Secretary of the Army; Dr. Rita Sablan, CNMI Committee area chair; Vince Calvo, ESGR volunteer from Rota; and Joshlyn Blas, employer outreach representative for the CNMI, pose for a photo at the Lunch with the Boss event of the Guam-CNMI Employer Support of the Guard and Reserve State Committee.

by the local committee," he said. "As a former service member, I understand how important it is to have good working relations with an employer. ESGR has continued to help employers understand the rights of service members when they are called to active duty and when they return."

The Seven Seals Award is presented in recognition of a significant individual for organizational achievement, initiative, or support that promotes and supports the ESGR mission.

A longer version of this story is available at www. saipantribune.com



LEIGH GASES

Patriot awardee James Sablan, principal of DanDan Middle School, nominated by Luis Macaranas, was not present and was represented by vice principal Reo Arriola, center, and was joined by CNMI Committee area chair Dr. Rita Sablan, left, ESGR chair Rey Llaneta, second right, and ESGR vice chair Benny Paulino, right.



Patriot awardee Jackie Quitugua of the CNMI Public School System, who was nominated by Jonas Barcinas, second left, was not present and was represented by Asapmar Ogumoro, center, and was joined by CNMI Committee area chair Dr. Rita Sablan, left, ESGR chair Rey Llaneta, second right, and ESGR vice chair Benny Paulino, right.



LEIGH GASES

Patriot awardee Ferdinand Mallari from the U.S. Customs and Border Protection, who was nominated by Hendricks Daniel, were both not present. Mallari was represented by his son, Vaughn, center, and Daniel was represented by SFC Tanya Songsong Diaz, second left. They are joined by CNMI Committee area chair Dr. Rita Sablan, left; ESGR chair Rey Llaneta, second right, and ESGR vice chair Benny Paulino, right.



LEIGH GASE

Lunch with the Boss event participants, which include awardees of the Guam-CNMI Employer Support of the Guard and Reserve State Committee Patriot and Seven Seals Award, are seen at the Azucena Room of the Crowne Plaza Resort Saipan Thursday afternoon



LEIGH GASES

Joann Aquino, CNMI ombudsman representative of the Employer Support of the Guard and Reserve, talks about the Uniformed Services Employment and Reemployment Rights Acts during the Lunch with the Boss by Guam-CNMI ESGR State Committee Thursday afternoon at the Azucena Room of the Crowne Plaza Resert Science



LEIGH GASES

Patriot awardee Clarinda Besong of IT&E, center, who was nominated by Gerald De Guzman, second left, is joined by CNMI Committee area chair Dr. Rita Sablan, left, ESGR chair Rey Llaneta, second right, and ESGR vice chair Benny Paulino, right.

12 MONDAY, JANUARY 30, 2023 SAIPAN TRIBUNE

Business

AS PARIS RESTAURANT:

35 years of serving Rota



As Paris Restaurant is located in Songsong Village, Rota and is open from 7am to 1pm and 6pm to 9pm, Monday-Sunday.

By MARK RABAGO

mark_rabago@saipantribune.com ASSOCIATE EDITOR

For those not local, As Paris Restaurant is not a French restaurant in Songsong Village, Rota. Rather it's just the oldest food establishment on the island that offers Filipino and local dishes.

Supervisor Bong S. Openiano said they've been in business since 1987.

For pop music buffs out there, that was the year The Bangles' "Walk Like An Egyptian" was No. 1 in the charts, for history buffs the late governor governor Pedro P. Tenorio was in the tailend of his first term, and topping the blockbuster list was Eddie Murphy's "Beverly Hills Cop II."

While donuts are not on the menu at As Paris (to the chagrin of policemen), Openiano said their No. 1 bestseller has always been their addictive dried beef. It has become so popular that visitors from Guam, Tinian, and Saipan usually order extra and bring them back home.

They've also been known for their sizzling bulalo steak, bulalo soup, crispy pata, karekare, sizzling sisig, sizzling jumbo squid, short ribs barbecue, shrimp omelet, and shrimp



CONTRIBUTED PHOTO As Paris Restaurant can comfortably seat 100 customers.

for 29 years, which is tops

among the group, followed

by Villaruel (27 years), Ope-

niano (21 years), and Maligson

more likely is derived from the

Chamorro term "pari" which is

a religious and social term used

to describe the relationship be-

tween parents and their child's

godfather. In recent years, pari

has come to be used to de-

scribe anyone you regard as a

ID-19 is now in their rear-view

mirror, As Paris still faces many

Openiano said while COV-

As for the name, As Paris

(18 years).

close friend.

with coconut milk.

Openiano said after the CO-VID-19 pandemic essentially shut them down for six months, customers have returned to As Paris and business has been booming again at the 100-seat ala carte restaurant.

Aside from their food tailormade for the local taste buds, As Paris has also been known for the hospitality and friendliness of their staff.

Openiano attributed this to Benito Villaruel, Tina Punzalan, Chucky Maligson, and himself practically living most of their lives on the island, which have made them essentially local and familiar with everyone on Rota.

Punzalan has been on island



As Paris Restaurant is open from 7am to 1pm and 6pm to 9pm, Monday-Sunday. It also accepts reservations for any occasions and you may call or email them at (670) 532-3356 or theasparis2020@gmail.com.

"Thank you very much to all those who have patronized As Paris Restaurant all these years. We owe our longevity to generations of Rota residents and tourists," said Openiano.



Memphis police disband unit that fatally beat Tyre Nichols

MEMPHIS, Tenn. (AP)— The Memphis police chief disbanded the city's so-called Scorpion unit on Saturday, citing a "cloud of dishonor" from newly released video that showed some of its officers beating Tyre Nichols to death after stopping the Black motorist.

Police Director Cerelyn "CJ" Davis acted a day after the harrowing video emerged, saying she listened to Nichols' relatives, community leaders and uninvolved officers in making the decision. Her announcement came as the nation and the city struggled to come to grips with the violence of the officers, who are also Black. The video renewed doubts about why fatal encounters with law enforcement keep happening despite repeated calls for change.

Protestors marching though downtown Memphis cheered when they heard the unit had been dissolved. One protestor said over a bull-horn that "the unit that killed Tyre has been permanently disbanded."

Referring to "the heinous actions of a few" that dishonored the unit, Davis contradicted an earlier statement that she would keep the unit. She said it was imperative that the department "take proactive steps in the healing process."

"It is in the best interest of all to permanently deactivate the Scorpion unit," she said in a statement. She said the officers currently assigned to it agreed "unreservedly."

The unit is composed of three teams of about 30 officers whose stated aim is to target violent offenders in areas beset by high crime. It had been inactive since Nichols' Jan. 7 arrest.

Scorpion stands for Street Crimes Operations to Restore Peace In Our Neighborhoods.

In an interview Friday with The Associated Press, Davis had said she would not shut down a unit if a few officers commit "some egregious act" and because she needed it to continue to work.

"The whole idea that the Scorpion unit is a bad unit, I just have a problem with that," Davis said then.

Davis became the first Black female chief in Memphis one year after George Floyd was killed at the hands of Minneapolis police. At the time, she was chief in Durham, North Carolina, and had called for sweeping police reform.

Ben Crump and Antonio Romanucci, lawyers for the Nichols family, said the move was "a decent and just decision."

"We must keep in mind that this is just the next step on this journey for justice and accountability, as clearly this misconduct is not restricted to these specialty units. It extends so much further," they said.

The five disgraced officers
—Tadarrius Bean, Demetrius
Haley, Desmond Mills Jr.,

Emmitt Martin III and Justin Smith — have been fired and charged with murder and other crimes in Nichols' death, which came three days after the arrest. They face up to 60 years in prison if convicted of second-degree murder.

The video images released Friday show police savagely beating the 29-year-old FedEx worker for three minutes while screaming profanities at him in an assault that the Nichols family legal team has likened to the infamous 1991 police beating of Los Angeles motorist Rodney King. Nichols calls out for his mother before his limp body is propped against a squad car and the officers exchange fist-bumps.

The video also left many unanswered questions about the traffic stop and about other law enforcement officers who stood by as Nichols lay motionless on the pavement.

"Nobody tried to stop anything. They have a duty to intervene, a duty to render care," Brenda Goss Andrews, president of the National Organization of Black Law Enforcement Executives, said in an interview after viewing the video.

She also was struck by the immediate aggression from officers as soon as they got out of the car: "It just went to 100. ... This was never a matter of de-escalation," Goss Andrews said, adding, "The young man never had a chance from the moment that he was stopped."

Prosecutor: \$100 repair bill sparked Half Moon Bay shooting

SAN FRANCISCO (AP)—

A farmworker charged with killing seven people at two Half Moon Bay mushroom farms reportedly told investigators he was spurred to carry out the shootings after his supervisor demanded he pay \$100 to repair a forklift damaged at work.

San Mateo County District Attorney Steve Wagstaffe confirmed to the Bay Area News Group Friday that Chunli Zhao was enraged by the equipment bill, saying that a co-worker was to blame for the collision between his forklift and the co-worker's bulldozer.

KNTV-TV, the NBC affiliate in the San Francisco Bay Area, was first to report the development.

Authorities say Zhao, 66,

shot and killed four workers and wounded a fifth employee Monday at California Terra Garden. He then went to nearby Concord Farms, where he had worked previously, and fatally shot three former co-workers.

Zhao told KNTV-TV in a courthouse interview Thursday that he committed the shootings. He said he was bullied and worked long hours on the farms and his complaints were ignored, the station reported.

On Monday, Zhao vented to his supervisor about the bill, but the supervisor insisted he needed to pay. Zhao then allegedly shot the supervisor and the co-worker, the news outlets reported.

Speaking in Mandarin, Zhao told the television station from a county jail in Redwood City that he has been in the U.S. for 11 years and has a green card. He said he has a 40-year-old daughter in China and lived with his wife in Half Moon Bay.

The coroner's office has named six of the victims: Zhishen Liu, 73, of San Francisco; Marciano Martinez Jimenez, 50, of Moss Beach, California; Aixiang Zhang, 74, of San Francisco; Qizhong Cheng, 66, of Half Moon Bay; Jingzhi Lu, 64, of Half Moon Bay; and Yetao Bing, 43, whose hometown was unknown.

The charging documents identified Jose Romero Perez as the other person killed and Pedro Romero Perez as the eighth victim, who survived.



CONTRIBUTED PHOT

As Paris Restaurant supervisor Bong S. Openiano.

SAIPAN TRIBUNE MONDAY, JANUARY 30, 2023 **13**

Asia

ASIAN BRIEFS

Intl judges reopen Philippines 'war on drugs' investigation

THE HAGUE, Netherlands (AP)—International Crimi-

(AP)—International Criminal Court judges on Thursday cleared the way for the court's prosecution office to resume its investigation into the so-called war on drugs in the Philippines.

Prosecutor Karim Khan asked judges for permission last year to reactivate his inquiry into alleged crimes against humanity between Nov. 1, 2011, and March 16, 2019, which were linked to the deadly crackdown.

The investigation was suspended in late 2021 after the Philippines said it already was examining the crimes and argued that the ICC—a court of last resort—therefore didn't have jurisdiction.

Khan argued last year that he should be allowed to reopen the ICC investigation, saying Manila's request for the case to be deferred to authorities there "is not warranted."

A panel of judges agreed in their ruling on Thursday, after examining information from the Philippine government and Khan, and weighing comments from victims.

"The various domestic initiatives and proceedings, assessed collectively, do not amount to tangible, concrete and progressive investigative steps in a way that would sufficiently mirror the court's investigation," the judges said.

More than 6,000 drug suspects, most of them people who lived in poverty, have been killed, according to government pronouncements. Human rights groups say the death toll is considerably higher and should include many unsolved killings by motorcycle-riding gunmen who may have been deployed by police.

Taliban warn women can't take entry exams at universities

ISLAMABAD (AP)—The Taliban on Saturday doubled down on their ban on women's education, reinforcing in a message to private universities that Afghan women are barred from taking university entry exams, according to a spokesman.

The note comes despite weeks of condemnation and lobbying by the international community for a reversal on measures restricting women's freedoms, including two back-to-back visits this month by several senior U.N. officials. It also bodes ill for hopes that the Taliban could take steps to reverse their edicts any-time soon.

The Taliban barred women from private and public universities last month. The higher education minister in the Taliban-run government, Nida Mohammed Nadim, has maintained that the ban is necessary to prevent the mixing of genders in universities—and because he believes some subjects being taught violate Islamic principles.

Work was underway to fix these issues and universities would reopen for women once they were resolved, he had said in a TV interview.

The Taliban have made similar promises about middle school and high school access for girls, saying classes would resume for them once "technical issues" around uniforms and transport were sorted out. But girls remain shut out of classrooms beyond sixth grade.

Higher Education Ministry spokesman Ziaullah Hashmi said Saturday that a letter reminding private universities not to allow women to take entrance exams was sent out. He gave no further details.

S. Korea to support civilian aid to North in hopes of talks

SEOUL, South Korea (AP)—South Korea's government said Friday it will promote civilian efforts to provide humanitarian assistance to North Korea in hopes of softening a diplomatic freeze deepened by North Korean leader Kim Jong Un's growing nuclear ambitions.

South Korean Unification Minister Kwon Youngse didn't specify the type of aid he sees as conceivable or whether it was realistic to expect those exchanges to induce meaningful diplomatic breakthroughs.

North Korea has suspended virtually all cooperation with rival South Korea since the collapse of its nuclear negotiations with the United States in 2019 over disagreements in exchanging the release of U.S.-led sanctions and steps to cut back its nuclear weapons and missiles program.

Cash-strapped Pakistan's rupee plunges amid talks with IMF

strapped Pakistan's currency plunged Thursday against the dollar after the government indicated it was ready to comply with tough conditions set by the International Monetary Fund for the next tranche of its bailout package.

Pakistan is seeking a crucial installment of \$1.1 billion from the fund—part of its \$6 billion bailout package—to avoid default. Talks with the IMF on reviving the bailout stalled in the past months.

The rupee closed at 230

to the dollar on Wednesday. It slipped further, trading at 255 for \$1 within hours of the market reopening Thursday. Hours later, Pakistan's Central Bank confirmed that the currency had plummeted by 9.6% against the U.S. dollar.

Analyst Ahsan Rasool says the rupee's decline is a sign that Pakistan was close to securing the much-needed loan from the IMF.

Financial expert Malik Bostan said the value of the rupee dropped mainly due to the delay in the revival of the IMF's bailout talks, amid depleting foreign exchange reserves, but expected it to stabilize as the negotiations pick up again.

The rupee's slide comes days after Prime Minister Shahbaz Sharif said his government was ready to adhere to the "tough conditions of the IMF" to revive the \$6 billion bailout package, which has been on hold for the past several months.

Pakistan is currently grappling with one of the country's worst economic crisis amid dwindling foreign exchange reserves. That has raised fears that Pakistan could default, although Sharif insists it pulled the country from the brink of the default when it took over last year.

UN food agency: Afghan malnutrition rates at record high

KABUL, Afghanistan (AP)—Malnutrition rates in Afghanistan are at record highs with half the country enduring severe hunger throughout the year, a spokesman for the World Food Program said Thursday.

The Taliban takeover in August 2021 drove millions into poverty and hunger after foreign aid stopped almost overnight. Sanctions on Taliban rulers, a halt on bank transfers and frozen billions in Afghanistan's currency reserves restricted access to global institutions and the outside money that supported the country's aid-dependent economy before the withdrawal of U.S. and NATO forces.

"Half of Afghanistan endures severe hunger throughout the year, regardless of the season, and malnutrition rates are at a record high for Afghanistan," said Phillipe Kropf, a spokesman for the U.N. food agency in Kabul.

"There are four million children (under the age of 5) and mothers who are malnourished, in a country with a population of 40 million."

Afghans are not starving to death, he said, but they have no resources left to stave off the humanitarian crisis.

World

Ukraine: 'Fast-track' talks underway for missiles, planes



Nina Kovalenko, 66, cries over the body of her son Mykhailo Kovalenko, 34, who was killed by a Russian attack in Kostiantynivka, Ukraine, Saturday, Jan. 28, 2023.

KYIV, Ukraine (AP)—Ukraine and its Western allies are engaged in "fast-track" talks on the possibility of equipping the invaded country with long-range missiles and military aircraft, a top Ukrainian presidential aide said Saturday.

Mykhailo Podolyak, an adviser to Ukrainian President Volodymyr Zelenskyy, said Ukraine's supporters in the West "understand how the war is developing" and the need to supply planes capable of providing cover for the armored fighting vehicles that the United States and Germany pledged at the beginning of the month.

However, in remarks to online video channel Freedom, Podolyak said that some of Ukraine's Western partners maintain a "conservative" attitude to arms deliveries, "due to fear of changes in the international architecture." Russia and North Korea have accused the West of prolonging and taking a direct role in the war by sending Kyiv increasingly sophisticated weapons.

"We need to work with this. We must show (our partners) the real picture of this war," Podolyak said, without naming specific countries. "We must speak reasonably and tell them, for example, 'This and this will reduce fatalities, this will reduce the burden on infrastructure. This will reduce security threats to the European continent, this will keep the war localized.' And we are doing it."

The U.S. and Germany agreed Wednesday to share advanced tanks with Ukraine along with the Bradley and Marder vehicles promised earlier, a decision that led to criticism not only from the Kremlin but from the prime minister of NATO and European Union member Hungary.

Hungarian Prime Minister Viktor Orban asserted Friday that Western countries providing weapons and money to assist Ukraine in its war with Russia have "drifted" into becoming active participants in the conflict. Orban has refused to send weapons to neighboring Ukraine and sought to block EU funds earmarked for military aid.

Israel to 'strengthen' settlements after shooting attacks

JERUSALEM (AP)—Israeli Prime Minister Benjamin Netanyahu on Saturday announced a series of punitive steps against the Palestinians, including plans to beef up Jewish settlements in the occupied West Bank, in response to a pair of shooting attacks that killed seven Israelis and wounded five others.

The announcement cast a cloud over a visit next week by U.S. Secretary of State Antony Blinken and threatened to further raise tensions following one of the bloodiest months in the West Bank and east Jerusalem in several years.

Netanyahu's Security Cabinet, which is filled by hard-line politicians aligned with the West Bank settlement movement, approved the measures in the wake of a pair of shootings that included an attack outside an east Jerusalem syna-

gogue on Friday night in which seven people were killed.

Netanyahu's office said the Security Cabinet agreed to seal off the attacker's home immediately ahead of its demolition. It also plans to cancel social security benefits for the families of attackers, make it easier for Israelis to get gun licenses and step up efforts to collect illegal weapons.

The announcement said that in response to public Palestinian celebrations over the attack, Israel would take new steps to "strengthen the settlements" this week. It gave no further details.

There was no immediate response from Washington. The Biden administration, which condemned the shooting, opposes settlement construction in east Jerusalem and the West Bank — lands sought by the Palestinians for a future state.

The topic is likely to be high on the agenda as Blinken arrives Monday for talks with Israeli and Palestinian officials.

The weekend shootings followed a deadly Israeli raid in the West Bank on Thursday that killed nine Palestinians, most of them militants. In response, Palestinian militants in the Gaza Strip fired a barrage of rockets into Israel, triggering a series of Israeli airstrikes in response. In all, 32 Palestinians have been killed in fighting this month.

Early Sunday, the Israeli military said that security guards in the West Bank settlement of Kedumim had shot a Palestinian who was armed with a handgun and released a photo of what it said was the weapon. There were no further details on the incident or the alleged attacker's condition.

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Health & Wellness

This advertorial is sponsored by





Tan Siu Lin Foundation

Most Americans aren't getting enough exercise, study finds

By TANAZ MEGHJANI

Americans aren't exercising enough.

Less than a third of U.S. adults meet suggested benchmarks for aerobic and muscle-building activities set out by health officials, according to a new study released Thursday.

The U.S. Department of Health and Human Services recommends healthy adults spend at least 150 minutes per week—roughly 20 minutes a day—doing moderate-intensity aerobic exercise and at least two days per week doing muscle-strengthening activities.

Only 28% of people in the U.S. are actually following those guidelines, according to the study published by the Centers for Disease Control and Prevention that analyzed more than 30,000 responses from its 2020 National Health Interview Survey. The research from institutions across the country noted that activity could have been dented during the height of the COVID-19 pandemic.



VIKTORIYA KUZMENKOVA/TNS
Only 28% of Americans are following federal guidelines on exercise, a new study has found.

People living in rural areas were even less likely to get enough exercise: Only 16% of people outside cities met benchmarks for aerobic and muscle-strengthening activities, compared with 28% in large metropolitan cities areas.

Regional differences emerged as well. People living in the South were less physically active than those in other regions, while people in the West were most active.

Major improvements at the local, state and national

level are needed to promote healthy exercise, the authors said, such as sprucing up physical spaces in cities and rural areas to make them more inviting to activity, and encouraging philanthropic investments in research.

Healthy Living

What's in a pomegranate?

Get beneath the tough exterior and you'll find the pomegranate has tasty meat and seeds.

Tough skin———

Spongy, bitter ___ white tissue

Sweet flesh -

Slightly acidic, juicy, pink or almost white

Seeds -

Contains up to 800; good for use in salads

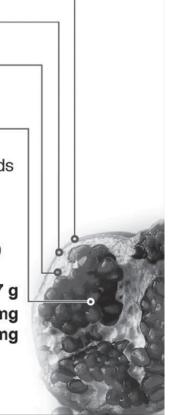
Nutrition count

For a 3.5 oz. (100 g) serving

Sugar-----17 g

Vitamin C----- 6 mg
Potassium---- 260 mg

Source: Whole Health M.D., Bouquet of Fruits, TNS Photo Service



Fact check:

Are viral videos that show COVID vaccine side effects accurate?

By EVAN MOORE

THE CHARLOTTE OBSERVER

Videos appearing to show people experiencing severe side effects after allegedly re-ceiving COVID-19 vaccines are making the rounds on so-cial media as part of a renewed push from anti-vaccine move-ments to cast doubt on safety.

Twitter users have shared videos of people who've claimed to have experienced tremors, seizures, paralysis, and other injuries after vac-cination. However, there has been no evidence to prove any of the footage is authentic.

Others have claimed that the COVID-19 vaccines were responsible for the deaths of Lisa Marie Presley and sports journalist Grant Wahl despite no confirmation to corrobo-rate the speculation, The At-lantic reported.

Have COVID-19 vaccines caused injuries?

Though they are rare, some adverse health effects have been associated with COVID-19 vaccines.

Anaphylaxis, a severe type of allergic reaction, has occurred at a rate of five cases per 1 million doses administered, according to the Centers for Disease Control and Prevention.

Thrombosis with throm-bocytopenia syndrome, an event that causes blood clots in large blood vessels, has occurred in four cases per 1 million doses administered, according to the CDC.

Guillain-Barre Syndrome, a rare disorder that can lead to muscle weakness and paralysis, has been reported in male patients 50 years and older who received the Johnson & Johnson COVID vaccine, the CDC said.

Some patients have also experienced myocarditis and pericarditis, or inflammation of the heart muscle and in-flammation of the outer lining of the heart, respectively, after receiving the Moderna and Pfizer COVID vaccines, the CDC states.

The conditions were most prevalent in children aged 16-17, with 105.9 cases per 1 million doses administered, according to a 2022 study conducted by the CDC.

Have COVID-19 vaccines led to sudden death?

Of more than 667 million doses of COVID-19 vaccines that were administered between Dec. 14, 2020, and Jan.

18, 2023, there were 18,769 preliminary reports of death among people who received a vaccine, according to the CDC.

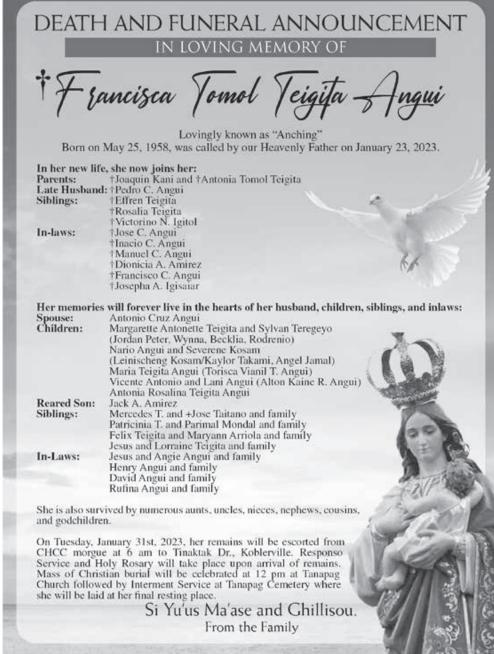
However, those reports don't necessarily mean the vaccines were the cause of death.

The U.S. Food and Drug Administration requires health care providers to report any death after COVID-19 vaccination to the Vaccine Adverse Event Reporting System (VAERS), even if the cause of death is unclear, according to the CDC.

Those reports, which include death certificates, autopsies and medical records, are reviewed by CDC and FDA officials to determine official causes of death.

But VAERS allows anyone to submit reports on any possi-ble reactions after a vaccine, and has clear disclaimers that re-ports may "contain information that is incomplete, inaccurate, coincidental, or unverifiable."

Though some people have experienced serious side effects, the CDC says the vaccines are safe and effective and have gone through numerous clinical trials to meet the safety standards set by the FDA.



SAIPAN TRIBUNE MONDAY, JANUARY 30, 2023 **15**

Life & Style

A Thousand and One' wins Sundance grand jury prize

By LINDSEY BAHR

AP Film Writer

"A Thousand and One," a drama about an impoverished single mother and her son in New York City, won the Sundance Film Festival's grand jury prize in the U.S. dramatic competition, while "Going to Mars: The Nikki Giovanni Project" was awarded the top prize in the U.S. documentary category. This year's winners were announced at an awards ceremony Friday afternoon in Park City, Utah, which included an audience prize for the documentary "20 Days in Mariupol."

Writer Jeremy O. Harris, filmmaker Eliza Hittman and actor Marlee Matlin judged the U.S. dramatic competition.

Harris, through tears, said he asked to give the grand jury prize to "A Thousand and One" and writer-director A.V. Rockwell himself.

"Never have I seen a life so similar to my own rendered with such nuance and ten-

derness" Harris said. "This film reached into my gut and pulled from it every emotion I've learned to mask in these spaces."

Rockwell, who made her feature debut with the film, was similarly emotional.

"This has been such a long journey for me but the institute has been such a beautiful support system," Rockwell said.

"20 Days in Mariupol," a first-person account of the early days of the Russian invasion of Ukraine, won the audience prize for world cinema documentary. A joint project between The Associated Press and PBS "Frontline," the film utilizes 30 hours of footage AP journalist Mstyslav Chernov and his colleagues shot in the besieged Ukrainian city before they were extracted.

"I want to thank everyone who believed in us: AP, Frontline and Sundance and all the audiences who did not turn away," Chernov said. "This is not an achievement, this is a privilege."

Sing J. Lee won the directing award in U.S. dramatic for "The Accidental Getaway Driver." The team from "Theater Camp " was recognized with a special jury prize for ensemble. Lío Mehiel, who goes by they/them pronouns, received the special jury award for their performance in "Mutt," about a trans-masculine person one day in New York. And the drama "Magazine Dreams," in which Jonathan Majors plays an amateur bodybuilder, was recognized for creative vision.

"Everyone in this room, everyone, every person, we give you our deepest props and our deepest respect," Matlin said through an interpreter. She also gave a shout-out to her "CODA" team, who won big at the festival two years ago. Her Oscar winning co-star Troy Kotsur was in the audience cheering her on.

Other grand jury prizes winners were: "Scrapper,"

ing lot, and unbe-

knownst to me,

some guy had a

wire strung across

the parking lot but

with no flag hang-

ing from it," Leno,

72, said. "So, you

in world cinema, about a 12-year-old girl living alone on the outskirts of London after her mother's death; and "The Eternal Memory," in world cinema documentary, about the effects of Alzheimer's on a relationship of 25 years. "Kokomo City," about the lives of Black, trans sex workers, won the NEXT innovator award and the audience award in the NEXT category.

Other audience award winners included "The Persian Version," for U.S. Dramatic, "Beyond Utopia," for U.S. Documentary and "Shayda" for World Cinema Dramatic. The "festival favorite" award went to "Radical," starring Eugenio Derbez as an inspirational teacher in a Mexican border

In total, 12 films premiered in the world cinema documentary section, including films about climate change, Syria, growing up during apartheid and the International Chopin Piano Competition. "The Eterthe category's grand jury prize. Other prize winners in the category included "Fantastic

nal Memory," about a couple

dealing with Alzheimer's, won

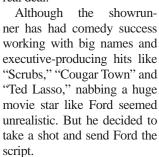
Machine," for creative vision. "Against the Tide" for verité filmmaker, and "Smoke Sauna Sisterhood" for directing.

Several Sundance winners from last year were recently nominated for Oscars, including documentaries "Navalny" and "All That Breathes."

Many Sundance films came to the festival with distribution in place. Apple TV+ debuted "Still: A Michael J. Fox Story" and "Stephen Curry: Underrated." Neon had "Infinity Pool," A24 brought six films including "All Dirt Roads Taste of Salt," "You Hurt My Feelings," "Past Lives." Searchlight had the South London rom com "Rye Lane."

Harrison Ford inspires cast in new comedy 'Shrinking'

YORK (AP)—When Bill Lawrence was developing his new Apple TV+ com-"Shrinking," edy he introduced one character in the pilot script as a "Harrison Ford-type"but never dreamed Ford he would get the real deal.



He was gobsmacked when the "Indiana Jones" actor liked the story and eventually agreed to play the part of a tough therapist who works with star Jason Segel in a mental health practice.

"If he had not shown up on set, I would not have been



rence told the Associated Press in a recent interview. "But he showed up. He's lovely, he's inspiring. He's 80 years old and still challenging himself."

shocked,"

"Shrink-For ing"-which starts streaming Friday-

Lawrence teamed with Segel and writer Brett Goldstein (also Roy Kent in "Ted Lasso") to help create and write the show. They had the lofty goal of making a comedy about grief, set it in an office shared by therapists and starring Segel, Ford, Jessica Williams, and Christa Miller.

Segel plays a character whose wife dies suddenly, leaving the father of a teen daughter lost and willing to ignore his ethics to start telling his patients what he really thinks. Ford's character is a curmudgeonly colleague and mentor who delivers zingers with restrained glee.

Jay Leno breaks bones in motorcycle wreck months after fire

LOS ANGELES (AP)—Two months after undergoing surgery for serious burns, Jay Leno is now contending with a number of broken bones after being knocked off a motorcycle.

The comedian and former "Tonight Show" host told a Las Vegas Review-Journal columnist Thursday that he broke his collarbone and two ribs and cracked his kneecaps on Jan. 17.

The November garage fire and January wreck both stemmed from his passion for working on vintage vehicles. He suffered burns on his face, hands and chest in a gasoline fire while repairing the fuel line on a vintage car. Last week, it was a vintage motorcycle.

He told the Review-Journal's John Katsilometes he was testing a

1940 motorcycle when he noticed the scent of leaking gas.

"So I turned down a side street and cut through a park-



know, I didn't see it until it was too He insisted he was OK and would even be working this weekend, adding that the intense coverage of the November fire made

him reluctant to say anything

in the days since last week's accident.

Leno took over NBC's "Tonight" when longtime host Johnny Carson retired in 1992. He was succeeded by Conan O'Brien in 2009, but NBC got cold feet when the show's ratings dropped and brought Leno back as host in 2010. He remained in the job until Jimmy Fallon took over in 2014.

Leno turned his love of cars into a CNBC series, "Jay Leno's Garage," and hosts a revival of the game show "You Bet Your Life."

Southern girl can't abide husband's preference for north

EAR ABBY: I'm a 32-year-old mom of four (11-month-old twins, a 4-year-old and a 6-yearold). I've been married for six years. I'm a Southern girl, but my husband is an immigrant to this country. When he emigrated, he settled in the North. I have always told him before and during our marriage that I don't like the North. I want to move somewhere down south or at least the middle of the country. We are currently in the process of house-hunting, and he keeps showing me homes in the North, even though he knows I don't want to live here. I understand that he loves our stability here and the friends we've made over the years, but we have so much flexibility with our jobs that we can move to someplace we both love. Recently, he said I could go and live in the South if I want to —alone. So now I'm wondering, should I break up our family and take him at his word, or keep talking to him about it until I get his OK?

NEGATIVE ON THE NORTH

DEAR NEGATIVE: Base the decision about where to live less on geography and more on where your children can get the best education and where the cost of living is more affordable. That your husband has informed you (four kids later) that he has no intention of compromising is regrettable. Because you feel so strongly about returning to your roots, you may be able to do it once the children are

grown. I do not think it is worth breaking up a marriage over -- unless this is your husband's way of addressing EV-ERY disagreement.

DEAR ABBY: Almost four years ago, I married a friend I had known since 1989. She was a widow, and we unexpectedly fell in love. The first three years, she spoke constantly about her late husband. I lovingly and quietly told her a few times that I didn't think she'd like it if I mentioned my late wife and former women friends so often. It continued. I can't stand hearing his name anymore. It makes me feel ranked way down in order of importance, after her four kids, her dead husband and herself. Over the last six months or so, she finally got it and no longer mentions him, but I'm still upset knowing I'm number seven on her list. Will I ever be able to get over this? She found a note months ago in which I described my feelings on this, and in it I mentioned I didn't want to be married to her anymore. Any advice would be appreciated.

UNIMPORTANT IN FLORIDA

DEAR UNIMPORTANT: The woman you married has a lot of history, as I am sure you do. It's not unheard of for someone to mention the name of their departed spouse vears later, but your wife was insensitive to continue do-

DEAR ABBY

BY ABIGAIL VAN BUREN UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069



ing so after you told her it made you uncomfortable. If her relationship with her adult children gets in the way of her relationship with you, it should be discussed during marriage counseling. If you truly feel you are last on her list of priorities, you have to decide if you want to end the marriage or whether, when you wrote that note, you were simply blowing off steam.

Good advice for everyone - teens to seniors - is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in

By Jim Davis

Pastimes

Calvin and Hobbes

Write a paragraph explaining the significance of Magellan's expedition.







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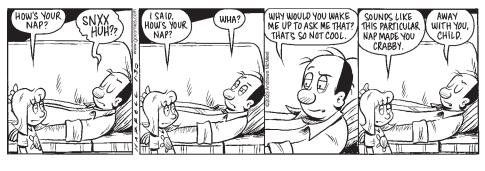
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By Bill Waterson

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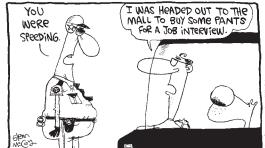
By Glenn McCoy



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STUMPED?

For answers to today's crossword, call **1-900-226-5955!** 99¢ per minute, touchtone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Eiza Gonzalez, 33; Wilmer Valderrama, 43; Phil Collins, 72; Charles S. Dutton, 72.

Happy Birthday: Make a positive difference in your community. A passionate approach to whatever you do will fetch the results you desire. Stay in your lane this year and provide the ones you love with stability. Showing concern, sharing thoughts and doing your best to make your home and personal life copacetic will make a difference to you and the people you care about most. Your numbers are 9, 15, 25, 28, 33, 40, 44.

ARIES (March 21-April 19): Arguing is a waste of time. Align yourself with people eager to work by your side to get the desired results. Focus on what's right in front of you; your skills and services will fetch the financial gains you want. **QQQQ**TAURUS (April 20-May 20): Don't

sit back if taking charge will get you where you want to go. By being aggressive with your plans, you will find the road to victory. Sincerity will pay off, so say what's on your mind and find out where you stand. 😘 🛱

GEMINI (May 21-June 20): Keep your plans a secret. Put a limit on spending to avoid being put in an awkward position. Control spending and stick to the most efficient way to execute your plans. Be secretive if you want things to work in your favor. OOO

CANCER (June 21-July 22): Turn an idea into a moneymaker. Adjust what's necessary to complete plans. Do your homework and broaden your outlook. Don't invest in someone else's plan if taking care of your financial future depends on believing and investing in yourself. •••

LEO (July 23-Aug. 22): Listen and do more but say less. Keeping the peace and taking care of matters that bring you closer to someone you love is in your best interest. A change of scenery, company or geographical location will work in your favor.

VIRGO (Aug. 23-Sept. 22): Participate in something that challenges you mentally and sparks your imagination. Some, not all, will welcome how you approach situations at work and home. You can make suggestions, but don't try to take over. Do your own thing.

LIBRA (Sept. 23-Oct. 22): Walking down memory lane will 1 ment a successful plan. Asking someone to contribute will help keep the peace and build a solid relationship. Observe what others choose to do, but don't substitute their goals for yours. OOOOO

SCORPIO (Oct. 23-Nov. 21): Listen to reason and use your attributes to reach your goal. Your intuition won't lead ou astray. A progressive change is apparent, but trepidation will hold you back if you aren't ready to take a leap of faith. Personal gain is within reach. OOO

SAGITTARIUS (Nov. 22-Dec. 21): Observation will give insight into how best to handle money, partners and getting things done on time. Deal with opposition strategically to fine-tune your plans. Don't let your emotions come between you and your ability to make the right decision. A fresh start is favored. OOO

EUGENIA

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan.

Look, evaluate and consider how best to use your skills to get ahead. Step up and be the first to take a stance and make a difference. Aggressive action will drum up the help you need to get things done your way. AQUARIUS (Jan. 20-Feb. 18): Stay in

touch with trends. Ask questions, make suggestions and do your part to maintain a healthy and vibrant environment. Be a reasonable observer, put your differences aside and try to understand what others are going through. You'll make better decisions. OCCO

PISCES (Feb. 19-March 20): Offer kindness and consideration when dealing with negativity or opposition. Avoid situations that are risky or that can back you into a corner. Don't let your emotions and generosity

one you love. 🛇 Birthday Baby: You are curious, adventuresome and just. You are loyal and original.

lead to financial loss or a falling out with some-

3: Avoid conflicts; work behind the scenes. 30: You can accomplish, but don't rely on others. 🛇 🔾 : Focus and you'll reach your goals. OCO: Aim high; start new projects. OOOO: Nothing can stop you; go for gold.

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Conceptis Sudoku

By Dave Green

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's Answer

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Last Friday's Answer: Hours

The NEW Volume 70 can be purchased online at www.WonderWordBooks.com, or call 1-800-642-6480.

NBA-leading Celtics outlast Lebron, Lakers 125-121 in OT

Jaylen Brown scored 37 points, making a tying three-point play with 4.1 seconds left in regulation and adding

11 more in overtime as the NBA-leading Boston Celtics snapped a three-game losing streak by beating the archrival Los Angeles Lakers 125-121 on Saturday night.

Brown added nine rebounds, Jayson Tatum had 30 points and 11 rebounds, and Malcom Brogdon scored 15 of his 26 points in the second half of a see-saw game that had 19 lead changes—six in the fourth quarter— and 15 ties.

LeBron James had 41 points, nine rebounds and eight assists, and Anthony Davis had 16 points and 10 rebounds for the Lakers. Patrick Beverly scored 15 points, twice giving the Lakers the lead in the final minute of the fourth, but he also missed a foul shot that might have clinched it and was called for a technical foul on the contentious last play of regulation.

76ERS 126, NUGGETS 119

PHILADELPHIA (AP)— Joel Embiid won the battle of MVP rivals with 47 points and 18 rebounds and Philadelphia extended its winning streak to seven games, beating Nikola Jokic and Denver.

Jokic and Embiid have finished first and second in voting for the NBA's Most Valuable Player award over the last two seasons. Both are among the top candidates for MVP as this season hits the halfway mark.

Jokic had 24 points, eight rebounds and nine assists. The Nuggets have lost three of four.



James Harden had 17 points and 13 assists for Philadelphia.

NETS 122, KNICKS 115

NEW YORK (AP)—Kyrie Irving scored 21 of his 32 points in the final 9 1/2 minutes, carrying Brooklyn to its ninth straight victory over New York. within five. The All-Star guard also had nine assists and six rebounds.

Joe Harris added 16 points and Nic Claxton had 13 points, 12 rebounds and six assists for the Nets.

Jalen Brunson scored 26 points and RJ Barrett had 24 for the Knicks. They had won consecutive games against Eastern Conference contenders Cleveland and Boston.

CLIPPERS 120, HAWKS 113

ATLANTA (AP)—Kawhi Leonard scored 32 points, including a season-high five 3-pointers, Paul George added 23 points and Los Angeles beat Atlanta for its fifth straight victory.

Trae Young had 12 of his 31 points in the fourth quarter for the Hawks, who whittled a 14-point deficit down to four on De'Andre Hunter's left corner 3 with 2:09 remaining. But they couldn't get any closer after George buried a baseline jumper and Nicolas Batum hit a right corner 3 with 49.3 seconds to go.

SUNS 121, SPURS 116, OT

SAN ANTONIO (AP)— Chris Paul scored 31 points, Mikal Bridges had 25 and Phoenix escaped with an overtime victory over San Antonio.

San Antonio never led and trailed by 13 early in the fourth quarter, but forced overtime with an 18-7 run in the final four minutes of regulation.

Bridges had eight points in overtime.

Keldon Johnson had 34 points and Jeremy Sochan added a season-high 30 points for the Spurs.

JAZZ 108, MAVERICKS 100

SALT LAKE CITY (AP)— Lauri Markkanen scored 29 points, Malik Beasley added 19 and Utah took advantage of Dallas star Luka Doncic's absence to beat the Mavericks.

Doncic sat out because of a sprained left ankle.

Jordan Clarkson added 14 points for Utah, and Walker Kessler had 14 points, 11 rebounds, and five blocks.

Spencer Dinwiddie had 35 points and eight assists for Dallas.

TIMBERWOLVES 117, KINGS 110

MINNEAPOLIS (AP)—Anthony Edwards had 16 of his 34 points in the pivotal third quarter, D'Angelo Russell

scored 25 points and Minnesota held off Sacramento.

Rudy Gobert added 13 points and 14 rebounds for Minnesota, which has won five of six and took the first of two straight meetings between the teams at Target Center. Naz Reid added 14 points off the bench.

Domantas Sabonis had 23 points and 10 rebounds for Sacramento, which has lost three of four after a six-game winning streak. De'Aaron Fox had 21 of his 29 points in the fourth.

ROCKETS 117, PISTONS 114

DETROIT (AP)—Kenyon Martin Jr. had a four-point possession with 31 seconds left to help Houston beat Detroit in a matchup of the NBA's worst teams.

Eric Gordon led the Rockets with 24 points. Martin had 15 points and 13 rebounds, and

Tari Eason added 16 points and 10 rebounds.

Alec Burks had 21 points for the Pistons. They have lost five of six.

WIZARDS 113, PELICANS 103

NEW ORLEANS (AP)—Daniel Gafford had a season-high 21 points to go with 12 rebounds and five blocked shots and Washington beat New Orleans for its fifth straight victory.

Bradley Beal scored nine of his 16 points in the fourth quarter for Washington, which also won its fourth straight on the road while sending New Orleans to its seventh straight loss overall.

CJ McCollum scored 24 points for the Pelicans.

RAPTORS 123, TRAIL BLAZERS 105

PORTLAND, Ore. (AP)—Precious Achiuwa had 27 points and 13 rebounds in place of the injured OG Anunoby to lead Toronto past Portland.

Pascal Siakam scored 24 points and Gary Trent Jr. added 19 against his former team for the Raptors.

Damian Lillard scored 30 points for Portland.

BULLS 128, MAGIC 109

ORLANDO, Fla. (AP)—DeMar DeRozan and Zach LaVine each scored 32 points, Nikola Vucevic added 26 points and 13 rebounds and Chicago beat Orlando.

Mo Wagner led the Magic with 27 points, combining with Cole Anthony and Jalen Suggs to lead a furious second-half rally that cut a 25-point deficit to six.

By TIM REYNOLDS AP BASKETBALL WRITER

It's reasonable to think Chet Holmgren will be an NBA All-Star one day. He was a highly recruited high school player whose one year at Gonzaga was stellar enough for Oklahoma City to make him the No. 2 pick in last year's draft. He's an obvious talent, an enormous talent.

And it's terrible that Holmgren got hurt last summer and will miss the entirety of this season.

But evidently, his rehab has been going extremely well—because four NBA players say he should start next month's All-Star Game.

That's right. When NBA players were asked in recent weeks who should start their All-Star Game in Salt Lake City on Feb. 19, four of them said that Holmgren should, even though he has yet to make his NBA debut.

Analysis: It may be time to re-think NBA All-Star voting

So, congratulations to everyone involved. It's a new record: 330 different NBA players got a vote—either from themselves or their peers—saying they should be an All-Star starter. That's 20 more than the number of players who got votes in 2021.

Keep in mind only 10 people will start the All-Star Game. There might be, at the most, 20 legitimate candidates for those starting nods. OK, let's say it's 30 players, even. That's 300 less than the number of people who received votes.

That means a ton of votes were wasted, unserious, a joke.

This all started seven years ago, after almost 800,000 people stuffed the ballot boxes and nearly made Zaza Pachulia an All-Star starter. So the NBA changed the rules, going to a weighted formula — 50% is determined by fan votes,

25% by media votes, 25% by player votes.

The fans pretty much got who they wanted, as should always be the case. LeBron James, Giannis Antetokounmpo, Kevin Durant, Stephen Curry, Luka Doncic, Nikola Jokic and Jayson Tatum were the top seven fan vote-getters; they all were announced as starters when the list was revealed Thursday night. So did No. 9 Kyrie Irving, No. 10 Donovan Mitchell and No. 12 Zion Williamson.

No. 7 Joel Embiid didn't make the cut, nor did No. 11 Anthony Davis.

Player votes were a big reason why Davis wasn't a starter. Only 30 players voted for Davis among Western Conference frontcourt players, while 80 voted for Williamson. That made the difference.

But many of the 375 ballots returned by players were puzzling.

Chicago's Lonzo Ball got four votes. Miami's Omer Yurtseven got three votes. Jae Crowder, who is still a member of the Phoenix Suns in name only, got two votes. Denver's Collin Gillespie and Portland's Ibou Badji each got one vote.

Here's what they all have in common: Like Holmgren, none has played this season.

There were other interesting—a polite way of saying odd, in this case—trends within the data. Only Jokic (58.7%), Antetokounmpo (58.7%) and James (51.5%) appeared on more than half of the All-Star ballots cast by NBA players this year.

The Phoenix Suns were hoping that guard Devin Booker would get consideration as a starter. He wasn't close, probably in large part because he's missed some time this season with injury.

"We know and the league knows and the players know," Phoenix coach Monty Williams said. "He's the best (shooting) guard in the game and one of the best players in the game."

Perhaps the players don't know: Only 8.5% said Booker should be a starter.

Milwaukee's Grayson Allen got four votes, which is one more than reigning NBA defensive player of the year Marcus Smart of Boston received. Yes, Allen has been a contributor to what the Bucks have done so far this year. He's had his moments. He's hit big shots. But it's not a fine line between solid player and All-Star starter—it's more like a crater.

There certainly could be a year where the irresponsible voting really costs somebody a spot. It won't be this year. Certainly, arguments could be made for other players—Embiid, Domantas Sabonis, Ja Morant, Lauri Markkanen, Shai Gilgeous-Alexander—as candidates to start.

They'll all probably be All-Stars anyway.

The coaches will now decide the reserves; the votes for the starters no longer count for anything. Only the coaches' ballots count toward the last seven All-Stars selected from each conference. And if someone has to bow out of the game because of injury, Commissioner Adam Silver chooses a replacement.

But hopefully, there will soon come a time when the players take the voting more seriously. If not, maybe the NBA needs to consider taking their vote away.

Aryna Sabalenka wins 1st Grand Slam title at Australian Open



BOURNE, Australia (AP)—One point away

from her first Grand Slam title, Aryna Sabalenka faulted. And then she faulted again. She grimaced. She yelled and turned her back to the court. She wiggled her shoulders and exhaled.

Clearly, this business of winning the Australian Open was not bound to happen without a bit of a struggle Saturday night. Sabalenka knew deep inside that would be the case. She also knew that all of the effort she put in, to overcome self-doubt and those dreaded double-faults, had to pay off eventually. Just had to.

And so, as she wasted a second match point by flubbing a forehand, and a third by again missing another, Sabalenka did her best to stay calm, something she used to find quite difficult. She hung in there until a fourth chance to close out Elena Rybakina presented itself — and this time, Sabalenka saw a forehand from her similarly powerful foe sail long. That was that. The championship belonged to Sabalenka via a 4-6, 6-3, 6-4 comeback victory over Wimbledon winner Rybakina.

course, I was a little bit nervous. I (kept) telling myself, like, 'Nobody tells you that it's going to be easy.' You just have to work for it, work for it, 'til the last point," said Sabalenka, a 24-year-old from Belarus who is now 11-0 with two titles in 2023 and will rise to No. 2 in the WTA rankings on Monday.

"I'm super happy that I was able to handle all those emotions," she said, "and win this one."

The only set she has dropped all season was the opener on Saturday against Rybakina, who eliminated No. 1 Iga Swiatek in the fourth round.

It was telling that Sabalenka's remarks during the postmatch ceremony were directed at her coach, Anton Dubrov, and her fitness trainer, Jason Stacy—she referred to them as "the craziest team on tour."

"We've been through a lot of, I would say, downs last year," said Sabalenka, who was appearing in her first major final and had been 0-3 in Slam semifinals until this week. "We worked so hard and you guys deserve this trophy. It's more about you than it's about me."

Well, she had a lot to do with it, of course. Those serves that produced 17 aces, helping erase the sting of seven double-faults.



Aryna Sabalenka of Belarus hugs the Daphne Akhurst Memorial Trophy after defeating Elena Rybakina of Kazakhstan in the women's singles final at the Australian Open tennis championship in Melbourne, Australia, Saturday, Jan. 28, 2023

Those hammered groundstrokes and relentlessly aggressive style that produced 51 winners, 20 more than Rybakina's total. And, despite her go-forbroke shotmaking, somehow Sabalenka limited her unforced

error count to 28. One more key statistic: Sabalenka managed to accrue 13 break points, converting three, including the one at 4-3 in the last set that put her ahead for good.

"She played really well to-

day," said Rybakina, who has lost all four matches she's played against Sabalenka, all in three sets. "She was strong mentally, physically."

While the latter has long been a hallmark of her game,

onship, the winner will move up to No. 1 in the ATP rank-

ings, a place Djokovic has oc-

cupied more than anyone else

and somewhere Tsitsipas has

this moment," Tsitsipas said

after beating Karen Khacha-

nov 7-6 (2), 6-4, 6-7 (6), 6-3 in

"I genuinely believe in what

I'm able to produce," he said.

"That is more than enough."

"Couldn't be more ready for

never been.

the semifinals.

even Sabalenka acknowledges that the first has been an issue.

Her most glowing strength was also her most glaring shortfall: her serve. Capable of delivering aces, she also had a well-known problem with double-faulting, leading the tour in that category last year with nearly 400, including matches with more than 20.

After much prodding from her group, she agreed to undergo an overhaul of her mechanics last August. That, along with a commitment to trying to keep her emotions in check — she used to work with a sports psychologist but no longer, saying she relies on herself now — is really paying off.

"She didn't have great serve last year, but now she was super strong and she served well," said Rybakina, a 23-year-old who represents Kazakhstan. "For sure, I respect that. I know how much work it takes."

With seagulls squawking loudly while flying overhead at Rod Laver Arena, Rybakina and Sabalenka traded serious racket swings for nearly 2 1/2 hours.

The serves were big. So big. Rybakina's fastest arrived at 121 mph (195 kph), Sabalenka's at 119 mph (192 kph).

The points were over quickly. So quickly: Seven of the first 13 were aces.

Sabalenka had been broken just six times in 55 service games through the course of these two weeks, but Rybakina did it twice in the opening set.

And never again. Sabalenka resolved to take the initiative even more, and the payoff for her high-risk, high-reward attitude was too much for Rybakina to withstand over the last two sets.

Sabalenka said ahead of time that she expected to feel some jitters. Which makes perfect sense for anyone: This was the most important match of her career.

At the end, when it mattered more than ever, Sabalenka was able to steady herself. After the final point, she dropped to her back on the court and stayed down for a bit, covering her face as her eyes welled with tears.

Quite a difference from a year ago at Melbourne Park, when Sabalenka departed after 15 double-faults in a fourth-round loss.

"I really feel right now that I really needed those tough losses to kind of understand myself a little bit better. It was like a preparation for me," Sabalenka said at her post-match news conference, her new trophy nearby and a glass of bubbly in her hand. "I actually feel happy that I lost those matches, so right now I can be a different player and just a different Aryna, you know?"

Djokovic, Tsitsipas to meet in Australian Open men's final

MELBOURNE, Australia (AP)—Winning matches at the Australian Open does not give Novak Djokovic all that much trouble.

"The last game, yeah, of

He has a 27-match unbeaten run, the longest at the place in the 55-year Open era. And now Djokovic needs just one more victory, against Stefanos Tsitsipas in Sunday's final, to collect what would be a record-extending 10th championship there and recordtying 22nd Grand Slam trophy overall.

It's all of the other stuffsome of his own doing, some not — that is a lot to handle.

His streak at Melbourne Park was put on pause a year ago when he got deported from Australia because he was not vaccinated against CO-VID-19, and he has waffled between acknowledging that offers extra motivation this time around and also saying, "I'm over it."

His parents and brother are back at the tournament for the first time in 15 years, but Dad did not attend Friday night's 7-5, 6-1 6-2 victory over Tommy Paul in the semifinals after drawing attention by being seen two days earlier outside Rod Laver Arena with people showing support for Russia, whose invasion of Ukraine is now nearly a year old.



Novak Djokovic of Serbia celebrates after defeating Tommy Paul of the U.S. in their semifinal at the Australian Open tennis championship in Melbourne, Australia, Friday, Jan. 27, 2023.

Djokovic isn't sure whether talize all of that? his father will be present for the final.

Djokovic requested more than once while competing last week that persistent hecklers should be removed by security while he was playing.

His left hamstring was sore enough at the beginning of the tournament that he said he was worried about it, but took "a lot" of pain-killing pills and underwent other treatments he didn't describe in detail.

So how does the 35-yearold from Serbia compartmen-

How does he put it aside and play the way he has been?

Since dropping the second set of his second-round match, Djokovic has won 14 sets in a row and given up a total of only 35 games in that span.

"I mean, sounds like a cliché, but you really have to accept it. It's much easier said than done. In my case, I feel like things are just kind of piling on, adding on, somehow, for one reason or another," he said. "I mean, it's not an ideal situation or circumstance to

be in when you have to kind of deal with all these other outside factors that are not really necessary during such an important event. But it's been part of my life, unfortunately the last few years, more so. I just try to evolve from it. I try to become more resilient, more stronger."

There is plenty at stake Sunday, for him and for Tsitsipas, a 24-year-old from Greece who will be appearing in his second Grand Slam final-31 fewer than Djokovic.

In addition to the champi-

We'll see if that is the case against Djokovic, who leads their head-to-head series 10-2, including nine consecutive victories. One of those came in the 2021 French Open final, which Tsitsipas led two sets to love before Djokovic came all

While Tsitsipas is still seeking his first major title, Djokovic is hoping to tie Rafael Nadal for the highest total by a man in Grand Slam history.

the way back to win in five.

Djokovic also has this going for him: He is 19-0 combined in semifinals and finals at Melbourne Park.

"The experience of being in this particular situation and circumstances before helps. Also the fact that I never lost the Australian Open final definitely serves as a great confidence booster prior to Sunday," Djokovic said. "But, of course, still, the job needs to be done on the court."

MCS, MHS defeat foes in boys HS hoops

By LEIGH GASES

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The Mount Carmel School Knights and the Marianas High School Dolphins varsity teams defeated their respective foes in Day 2 of the high school boys caging in

the 2022-2023 IT&E Interscholastic Boys High School Basketball League last Friday at the MHS Gymnasium.

The Knights claimed their second win of the season after they blasted through the Agape Christian School Torchbearers, 43-18, while the Dolphins controlled the ball against the Grace Christian Academy Eagles, 43-13.

The Knights, consisting of CNMI U15 National Team basketball player including Lance Lerio, shone on the court as he led his school with 16 points.

The towering Torchbearers and their plays on the court

were shut down and were reduced to just 9 points in each period—as another national team player from the Knights roster-Michael Mercado, helped steer the Knights away into their second win with 9 points of his own.

Meanwhile, the Torchbearers' Caleb Cui navi-

gated the paint with his speedy footwork and attacks at the backboard and shot 9 points, but the almost impenetrable

defense of the Knights diminished the Torchbearers' offense to just 9 more in the second half—4 from Bill Li, 3 made by Allen Luo, and 2 shot by John Chen.

Jay Francis Pineda and Ohane Borja increased the Knights' lead with 5 points each, while Earle San Nicolas contributed 4, and Kern Han and Derek Sasamoto shot a field goal each.

After, the Eagles fell from the sky into Dolphin waters led by A.J. Johnny's 13 markers.



Agape Christian School's Michael Ma tries to block a shot attempt by a Saipan International School player during the 2022-2023 IT&E Interscholastic Boys High School Basketball League last Wednesday at the Marianas High School Gymnasium.

The Eagles couldn't get past the Dolphins' defense as they were only able to score 7 points

in the first half, 5 of which was made by Kent Ouyang.

The Dolphins also had a dy-

namite offense as almost all of the Dolphins' lineup assisted in the team's final score—with Aiden Suba banking 8 points, Jesse Takawo shot 6, while Dylan Mister and Charlz Sanchez shot 4 each.

In the second half, Julian Taitano and Ayden Yumul of the Eagles' scored the last 6 points and were silenced until the final buzzer.

In the junior varsity games of the night, the MHS junior varsity beat MCS JV, 25-8; and the Kagman High School JV narrowly defeated Saipan Southern High School JV, 30-28.

MHS 43 – Johnny 13, Suba 8, Takawo 6, Mister and Sanchez 4, Viana, David, and Licayan 2.

GCA 13 - Ouyan 5, Taitano 3, Yumul 3, Lai 2.

Scoring halves: 21-7; 43-13.

MCS 43 - Lerio 16, Mercado 9, San Nicolas and Borja 5, Pineda 4, Han and Sasamoto 2.

ACS 18 - Cui 9, Li 4, Luo 3, Chen 2. **Scoring** halves:

18-9; 43-18. Tomodachi, Nakama still unscathed in Roccball KOBES



In the third round of Roccball's round-robseason of games

for 2023 last week at the Marianas High School Gymnasium, teams and players are beginning to distinguish themselves as competitors.

And last year's champion Tomodachi and first runnerup Nakama remain undefeated at three wins and no defeat.

In Roccball's innovative types of plays and unique scoring system which surpasses volleyball's one point per play activity in a team net sport of this type, there were 46 two-point plays which included 38 aces, four xunks, and four kees, and 14 threepoint goals scored. The volleyball type of one-point floor scoring was not recorded.

The team that scored the

layers with gloves and a head

CNMI national athletics

coach Dr. Ron Snyder, who

is SIS headmaster and Tan's

track and field coach in high

school, said there's no ques-

tion that his old ward is now

the premier CNMI runner in

"Tania crushed her old re-

cord by nearly a minute, making her the dominant runner

in the NMI for distances of

3,000m-10,000m. The funny

her distances of choice.

TANIA

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warmer," she said.



Nakama and Sufa in action in the third round of Roccball's round-robin season of games for 2023 last week at the Marianas High School Gymnasium.

most points in a game in Round 3 was Tomodachi.

defeating the Bandits, 51-8. Team Nakama stayed undefeated by outscoring Team Sufa, 48-25. Teams Lotus and

Team Dusty Feetz won their third round games by defeating Teams I'd Hit That and Phan Gott, 46-18, and 33-20,

Tomodachi continued their three-game winning streak by

thing is, if we look at her mile split or her 3,000m split while running this 5K, she would have set new NMI records for both of those distances as

In addition to the 5,000m indoor record, Tan also holds the CNMI records in the 3.000m indoor event and three outdoor events as well (3,000m, 5,000m, and 10,000m).

well," he said.

"Since she joined the cross country team at Saipan International School, Tania has progressed from a great runner to a great racer," added Snyder.

When asked what's the difference between a great run-

ner and a great racer, Snyder explained: "A great [distance] runner has strong endurance, good speed endurance and the ability to hold a pace. A great racer takes that and adds a strategic mind to it. They look at the pack and decide when to cede first place, when to surge forward, when to tuck themselves behind someone in the wind. They judge their ability to kick at the finish as opposed to taking an early lead. A great racer is in a constant battle."

As for future events, Snyder said Tan will be part of the CNMI track and field team that will be traveling to

Australia for the World Cross Country Championships next month.

"She will find herself in good form for this very difficult course. The challenge for her and all athletes from the northern hemisphere is that they will be running in the Australian summer and the temperature difference will be as great as 50 degrees for some of the runners. This will take some careful planning and strategy for everyone and the ability to say, 'I need to go to the water station even though it will cost me a bit of time," he said.

respectively.

After three rounds of competition. Team Tomodachi leads the league in threepoint plays with seven goals scored, and they lead in twopoint plays with 19 ace serves and four two-point backcourt plays made by a team's goalie known as a kee. The heavy hitter of Round 3 was Juniel Magtales of Team Tomodachi with two aces, one kee, and two goals scored for a total of 12 points. (**PR**)

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In the standings behind the three schools are Oleai Elementary School 1 and GCA 2 with a 2-2 card and SCS, and SIS 1 with a 1-3 record. SVS 1 has yet to win a game with 4 losses.

The next regular season round robin game is scheduled for Feb. 3, 10, and 17.

The championship doubleelimination tournament is set for Feb. 24 and 25.

ANG

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however, admitted that even though she won the January tourney it didn't mean it was all smooth sailing during the competition.

"My ball went into the wet bunker twice. I had a lot of difficulty getting out of the bunker, but I finished the game safely. I enjoyed playing golf with my grateful CGWA team and I am so happy to be the ace of the new

year. I want to share this joy with my loving family," she said.

Jang said she took up the sport in 2006 "because I was interested in it." She also dedicated her January win "to my beloved family and Mr. Lee, who always gave me encouragement and support."



net 75 (gross 91, 46-45), while completing the Top 3 was Doll Yamagishi after she fired a net 76 (gross 96, 49-47).



CGWA members that took part in the January tourney, with their net scores in parentheses, were Chang Eun Ae (86), Nana Lui (78), Terry Guerrero and Lorraine Babauta (86).

The rest of the

The club continues to look for new members as the new season continues. For those interested in becoming a member of CWGA or for more information, contact CWGA president Yuko Togawa at 287-9856, vice president Lorraine Babauta at 287-0621, or treasurer Lou Kim at 783-7317.



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SAIPAN TRIBUNE

Tania breaks own 5,000m record

By MARK RABAGO mark_rabago@saipantribune.com ASSOCIATE EDITOR

nother competition, another record for the CNMI's prodigious racer Tania Tan. The 21-year-old Fordham University senior finished

second in the the 5,000m run of the River Hawk Invitational hold over the weekend at the TRACK at New Balance in Boston, Massachusetts.

Aside from the podium finish, the Saipan International School alumnae also broke her record in the event after crossing the finish line in 18:03.22.

"We ran at the brand new indoor New Balance track in Boston! It was a super fun race. I felt confident going into the race and had a lot of fun slowly moving my way up

throughout the race. Just the atmosphere and my teammates cheering was encouraging," she told Saipan Tribune.

Tan said aside from the cold weather, running repeatedly on the track was the challenging part of last weekend's event.

"Boston is colder than New

York so it was super cold and windy. Thankfully we raced indoors so it wasn't cold but the air was so dry. I think the hardest part was the amount of laps. It was 25 laps so that

> was mentally hard because you're basically just running around in circles for that long, trying to keep up with people

physically, too," she said.

Asked if she's now acclimatized to the weather in the East Coast after her brief Christmas vacation on Saipan, Tan essentially said the change in weather is literally night and day.

"The weather is much different, it's so hot and humid on Saipan which makes it harder to run. But the cold also makes it hard to run because you're just freezing the whole time and it feels like your body can't warm up. Your legs feel frozen and stiff...I would still prefer running in the heat because at least my body is able to warm up and I can wear shorts and a shirt to run instead of being buried in five

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ALEXANDRA THOMAS Fordham University's Tania Tan hold up her phone with the CNMI flag on the screen after breaking her own record in the 5,000m run of the River Hawk Invitational at the TRACK at new balance in Boston, Massachusetts.

KobES, Tinian, Sinapalo, lead co-ed grass v-ball

By LEIGH GASES leigh_gases@saipantribune.com



Koblerville Elementary School Umangs, Tinian Elementary School Colts,

and the Sinapalo Elementary School Lu'Aos lead the Public School System Co-ed Elementary School Volleyball Tournament in their first day of round-robin games last Friday at the Oleai

Sports Complex.

The Umangs team 2 lead Pool C with a 3-0 win-loss record, while the Colts are 3-1 and the Lu'Aos are right behind with a 2-1 card.

The Umangs first beat Saipan Community School, 21-10, went on to defeat San Vicente Elementary School 1, 21-4, then won against Saipan International School via forfeit.

The neighboring island of Tinian made their short flight

worth it, as in the Colts' campaign, they breezed through SCS, 21-17, galloped their way to victory against SVES, 21-16, and defeated Grace Christian Academy 2, 21-1. Their one loss came from SES, as the Lu'Aos beat them, 21-15.

The Lu'Aos from the southernmost island of Rota also had a productive crusade as their other win came against SCS, 21-10.

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Seated from left. Sinapalo Elementary School students Joel Molina Jr. Aldean Masga, and Alnesmo Atalig. Standing from left, Ben Atalig Jr, Jordi Etwet, and Bradley Pinaula, and coach James Mack,

Jang tops CWGA January tilt



"So-Eunae phia" Jang won her second CNMI Women's

Golf Association tournament ever after topping the January edition last Jan. 22 at the west course of the Laolao Bay Golf & Resort.

The 41-year-old shot a net score of 73 after a gross of 96. The 23-handicapper went 50 in the front nine before returning to the clubhouse with a 46 in the back nine.

Jang said CWGA was fortunate to hold the monthly golf tournament last Jan. 22, a Sunday, after inclement weather postponed it a week before.

"The tournament had been postponed for a week because



Eunae "Sophia" Jang, second from left, poses with other CNMI Women's Golf Association members after topping their January tournament last Jan. 22 at the west course of the Laolao Bay Golf & Resort.

it rained for several days. Fortunately, the weather was really nice and sunny on the day of the game. It rained so much last week that I was

worried about the greens and the fairways, but it was well managed."

The South Korea native, See JANG on Page 19